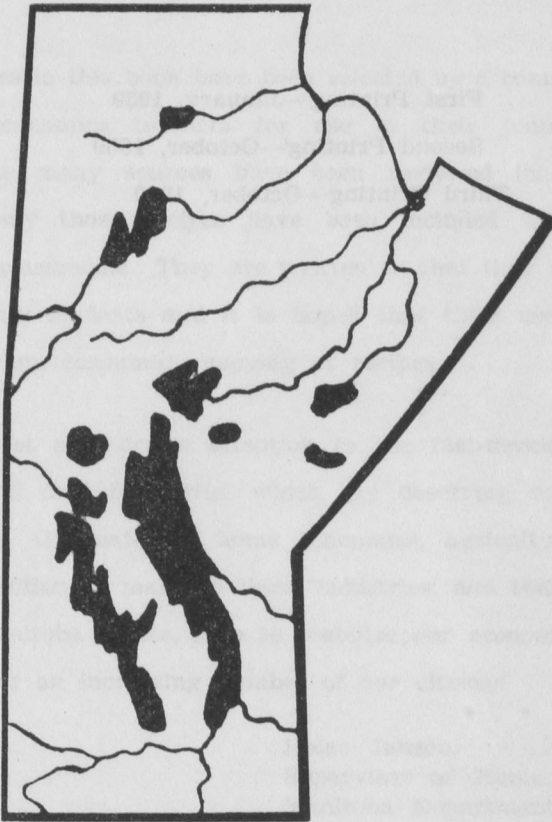


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RECIPES for Young Homemakers



SELECTED BY
MANITOBA SUBURBAN HOME ECONOMICS TEACHERS

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Foreword

The recipes in this book have been selected by a committee of Manitoba home economics teachers for use in their junior high school classes. While many sources have been reviewed in preparing this publication, only those recipes have been included which have been tested in the classrooms. They are written so that they can be followed easily by young students and it is hoped that their use will eliminate much of the time-consuming copying of recipes.

This booklet also draws attention to the fast-developing Manitoba agriculture and food industries, which are deserving of careful study by our pupils. Graduates in home economics, agriculture and science have a contribution to make to these industries, and these industries in turn serve Manitoba homes, help to stabilize our economy, and provide employment for an increasing number of our citizens.

Helen Janzen,
Supervisor of Home Economics,
Manitoba Department of Education.

Use Foods Grown and Processed in Manitoba

● Manitoba is an agricultural province with over 47,000 farmers and vegetable growers. Our farmers produce cereal grains and other crops, farm animals, dairy products, poultry products, oil seeds, honey and sugar beets.

● When you have a choice always buy Manitoba grown and processed food. Read the labels and the manufacturer's name. Buy by grade.

● The processing of food has passed from the farm to the factory and provides employment for thousands of workers who help to change the food into forms which make it more usable.

● By using foods produced and processed in Manitoba, consumers are supporting both farm and factory thereby creating larger markets for Manitoba products and more jobs for workers. City and farm families are dependent on each other for a living.

● In 1959 the estimated gross value of Manitoba farm products was over 3,000 million dollars.

Eggs and poultry produced had a value of almost 28 million dollars. Since 1950 there has been an increase in the annual use of poultry meat from 16 lbs. per person to 30 lbs per person per year. Eighty per cent of the poultry now sold is eviscerated and ready for the oven.

Dairy products produced had a value of over 30 million dollars. Use Manitoba dairy products: creamery butter, cottage cheese, ice cream, milk, cream and skim milk powder.

Farmers produced and sold animals to the value of over 70 million dollars. Greater Winnipeg ranks third in Canada in meat packing operations. Meat packing plants employ over 3,000 workers and have a payroll of over 10 million dollars. The meat processed has a selling value of over 100 million dollars when shipped from the factory.

Manitoba honey will be found in stores and sold by grade. White honey brings a higher price than dark or brown honey. The Manitoba honey crop is valued at over 800,000 dollars and is 95% white honey. It may be used to replace sugar but because of its natural moisture the amount of liquid in the recipe should be reduced by $\frac{1}{4}$ cup for each cup of honey used.

Sugar beets are grown by nearly 900 Manitoba farmers. Annually upwards of 60 million pounds of pure granulated sugar are processed at a plant in Fort Garry from beets grown on 25,000 to 30,000 acres. The sugar is identical to the best that can be imported.

Vegetable oil is produced in Altona from sunflowers grown in southern Manitoba. "Safflo" oil can be used for salad dressings, frying and baking. It may be used in recipes where solid fat is used by reducing the amount of oil by one third and increasing the salt slightly. The sunflower crop is worth over half a million dollars.

Manitoba grows 50% of the field peas produced in Canada. These are used for making split peas or puree or soup. The peas have a value of about one million dollars.

Manitoba vegetable growers are improving the potatoes they grow, through the use of certified seed, varieties suitable for the soil, and better storage facilities. Buy potatoes by grade. The average value of the potato crop is over one million dollars.

Manitoba-grown vegetables are rich in food value. Even the root crops stored for winter use will give more food value at less cost than imported vegetables according to experiments carried out at the Morden Experimental Station. "Buy Manitoba Grown Vegetables" is the slogan to follow.

Because of the high quality of Manitoba grown vegetables, canning is becoming an important industry with factories in Morden and Winkler. A factory for making soup has been built at Portage la Prairie.

● Winnipeg, because of its population, has been the chief manufacturing centre. Many kinds of food products are now being manufactured in Manitoba including bread and bakery products, fruit and vegetable preparations, dairy products such as butter, cheese, ice cream, powdered skim milk, meat products such as sausages and canned meats, confectionery, macaroni and similar products.

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Abbreviations

tsp. or t.—teaspoon	lb. or #—pound
tbsp. or T.—tablespoon	pkg.—package
c.—cup	hr.—hour
pt.—pint	°—degree
qt.—quart	f.g.—few grains
oz.—ounce	f.d.—few drops

Substitutions and Equivalents

- 3 tsp. = 1 tbsp.
 2 tbsp. liquid = 1 fluid oz.
 1 c. pastry flour = 1 c. less 2 tbsp. all-purpose flour
 1 cup sour milk — use $\frac{7}{8}$ c. sweet milk plus 2 tbsp. vinegar
 1 tbsp. cornstarch (for thickening) — use 2 tbsp. flour
 1 oz. chocolate — use 3 tbsp. cocoa and $\frac{3}{4}$ tbsp. fat
 16 tbsp. = 1 c.
 1 lb. butter = 2 cups
 1 c. uncooked rice = 3 c. cooked
 1 c. cream = 3 c. whipped cream
 Juice of 1 lemon = 3 tbsp.
 1 Imperial pint = $2\frac{1}{2}$ cups (used in Canada)
 1 Standard pint (wine measure) = 2 cups (used in U.S.A.)

Oven Temperatures

Slow 250° - 325° F.		Temperature	Time
Custards		325	
Cheese Dishes		325	
Souffles		325	
Meringues		300	1 hr.
Angel Food		320	15-20 min.
Sponge Cake		320	1 hr.
Christmas Cake		250-300	1 hr.
			3-4 hrs.
Moderate 325° - 375°		Temperature	Time
Gingerbread		350	35 min.
Rolled Cookies		360-375	10-15 min.
Layer Cake		375	20 min.
Loaf Cake		350-360	45 min.
Cup Cakes		375	12-15 min.
Hot 375° - 450°		Temperature	Time
Rolls		400	15 min.
B.P. Biscuits		425-450	12-15 min.
Muffins		400	25 min.
Very Hot 450° - 550°		Temperature	Time
Pastry Shell		500	12 min.
Double Crust		450	40 min.

Measuring Instructions

MEASURE ACCURATELY—Exact measurement is most important.

RULE I—Use only standard measuring equipment.

RULE II—To measure liquid use a measuring cup that is marked off in quarters and thirds. Always place cup on flat surface and measure liquid at eye level.

RULE III—Sift flour onto wax paper before measuring. Lift lightly by spoonfuls into a measuring cup and level with a knife.

RULE IV—Fat may be measured in several ways:

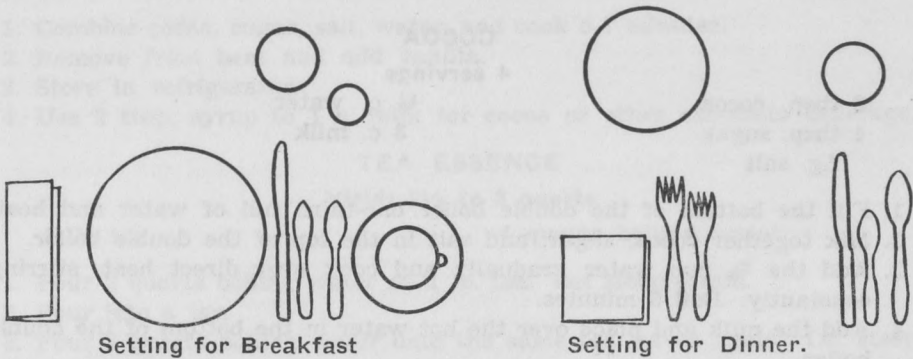
- a) by using the correct part of a pound, using the knowledge that 1 lb. equals 2 cups; $\frac{1}{2}$ lb. equals 1 cup or 16 tbsp.; $\frac{1}{4}$ lb. equals $\frac{1}{2}$ cup or 8 tbsp., etc.
- b) by packing fat into a measuring cup and leveling off the excess with a flat surface.
- c) by water displacement. To measure $\frac{1}{2}$ cup of fat this way, pour $\frac{1}{2}$ cup cold water into measuring cup. Add fat until water line comes to the one-cup mark. Pour off water, leaving $\frac{1}{2}$ cup fat.

RULE V—Grease the cup used to measure syrup, honey or molasses. The contents will empty readily.

Cookery Terms You Should Know

1. **BEAT**—To make mixture smooth by rapid lifting of the mixture over and over with spoon or beater.
2. **BLEND**—To mix thoroughly, two or more ingredients.
3. **BOIL**—To cook in a liquid in which bubbles rise rapidly to the surface.
4. **BRAISE**—To brown in a small amount of hot fat then cook slowly in a covered utensil or on top of the stove in a small amount of liquid.
5. **PANBROIL**—To cook uncovered in a fry pan. The fat is poured off as it accumulates.
6. **CHOP**—To cut in small pieces with a knife or chopper or other chopping tool.
7. **CREAM**—To work an ingredient by rubbing it, stirring it, and beating until soft and smooth.
8. **CUT IN**—To cut fat into a dry mixture of flour with knives or a pastry blender.
9. **FOLD**—To blend two foods by cutting the spoon or egg whip vertically down through the food, turning it under and bringing it up vertically until the mixture is complete.
10. **FRY**—To cook in fat usually on top of the stove.
11. **KNEAD**—To fold over and over, working the dough to make it smooth and elastic.
12. **MARINATE**—To let foods stand in a flavoursome liquid, e.g. oil-acid mixture such as french dressing.
13. **SAUTE**—To brown or cook in a small amount of fat.
14. **SIMMER**—To cook in a liquid just below the boiling point.
15. **STEW**—To simmer in a small quantity of liquid.
16. **STIR**—To mix food materials with a circular motion for the purpose of combining or blending.
17. **WHIP**—To incorporate air and increase the volume by beating rapidly.

General Rules For Tablesetting And Table Service



1. Tablecloths should be placed with the centre crease in the centre of the table; place mats straight, evenly spaced and even with the edge of the table.
2. A table centre should be a low arrangement.
3. A "cover" is a complete setting of china, glass, silver and linen for one person. The space allowed should be 20"x24" and should be arranged in order of use:
 - a. knives are placed to the right of the plate, sharp edge towards the plate.
 - b. spoons are placed to the right of the knives, bowls up.
 - c. forks are placed to the left of the plate, but if a main course does not require a knife—then the fork may be placed to the right.
 - d. silver is arranged in order of use—from outside in, but spoons and knives are always grouped separately.
 - e. glasses are placed at the tip of the knife.
 - f. bread and butter plates are placed at the tip of the fork.
 - g. serviettes are folded in flat squares or oblongs and placed to the left of forks with the open corners to the lower right hand corner, or they may be placed on the dinner plate.
 - h. bread and butter knives are placed across the bread and butter plate, with the sharp edge toward the centre of the plate.
 - i. silver should be 1" from the table edge.
4. Salt and pepper, one set should be allowed for each two people.
5. All food must be placed within easy reach of one or more covers.
6. Foods are served to and removed from the left—using the left hand.
7. Beverages are served to and removed from the right—using the right hand.
8. Water glasses are filled three-quarters full, just before announcing the meal.
9. When each course is finished, all food-service, for that course is removed before bringing in the next course. Leftover food is removed first, then soiled dishes, then salt and pepper shakers.
10. Remove dishes two at a time. Do not stack dishes.
11. Silver for serving is placed beside the food and not in it.

Beverages

Beverages form an important part of every meal plan. Milk, cocoa, tea and coffee are the most familiar beverages.

COCOA

4 servings

3 tbsp. cocoa	$\frac{3}{8}$ c. water
4 tbsp. sugar	3 c. milk
f.g. salt	

1. Fill the bottom of the double boiler one-third full of water and heat.
2. Mix together cocoa, sugar, and salt in the top of the double boiler.
3. Add the $\frac{3}{8}$ cup water gradually and cook over direct heat, stirring constantly. Boil 5 minutes.
4. Add the milk and place over the hot water in the bottom of the double boiler.
5. Just before serving, beat with a rotary beater until there is an inch or more of foam.

Tea and coffee cannot substitute for milk beverages because they have no food value. Besides they contain a stimulating drug. However, when preparing either of these beverages these steps should be followed to ensure a good product.

COFFEE

1. Use freshly ground coffee. Store coffee in a cool place, e.g. refrigerator.
2. Choose a suitable grind for your coffee maker: coarse for steeped coffee; regular for percolator; fine for vacuum type and dripolator.
3. Be sure coffee maker is washed and rinsed after each use. Use a size suitable to the amount of coffee required.
4. Use a measured amount of coffee and water; 1 to 3 tbsp. for each cup, depending on the strength desired. For a stronger beverage increase the amount of coffee, not the time of heating.
5. Use boiling water to make coffee but do not boil coffee or let it stand before serving.
6. A few grains of salt added to the coffee grounds will bring out the flavor.

TEA

1. Use 1 tsp. tea for each cup of water.
2. Use an earthenware or glass teapot and scald with hot water first.
3. Measure in the tea; add freshly boiled, boiling water.
4. Allow tea to steep 5 to 6 minutes. As with coffee use more or less tea to alter the strength. Do not let the tea boil.

LEMONADE

2 glasses

1 c. water	4 tbsp. sugar
2 tbsp. lemon juice	

Stir the sugar and water to dissolve; add the lemon juice; pour over ice cubes.

CHOCOLATE SYRUP

- | | |
|------------|----------------|
| 1 c. cocoa | 1 c. water |
| 1 c. sugar | 1 tsp. vanilla |
| dash salt | |

1. Combine cocoa, sugar, salt, water, and cook 5-7 minutes.
2. Remove from heat and add vanilla.
3. Store in refrigerator.
4. Use 2 tbsp. syrup to 1 c. milk for cocoa or other chocolate beverage.

TEA ESSENCE

Yield: 2½ to 3 quarts

- | | |
|-----------|------------------------|
| 1 lb. tea | 4 quarts boiling water |
|-----------|------------------------|

1. Pour 2 quarts boiling water on 1 lb. tea. Let steep 3 min.
2. Pour into a jar.
3. Pour 2 quarts boiling water onto the same tea leaves again. Let steep 5 min. and pour into jars.
4. Use 1 tsp. essence per cup.

Fruit

BAKED APPLES

Yield: 1 serving

Oven Temperature: 350° F.

- | | |
|----------------------------|---------------------|
| 1 apple | 1 tbsp. brown sugar |
| 1 tsp. butter or margarine | ¼ tsp. cinnamon |
| 2 tbsp. water | |

1. Wash and core apple.
2. Stuff the apple with the butter or margarine, sugar and cinnamon.
3. Place in pan with water and bake for about ½ hour for a small apple.

APPLE SAUCE

Yield: 4 servings

- | | |
|-----------------|-----------------|
| 4 medium apples | ½ tsp. cinnamon |
| ¼ c. sugar | water |

1. Wash, pare and core apples.
2. Slice into saucepan.
3. Add water to cover bottom of saucepan about ½ inch.
4. Cover and simmer until tender, stir, occasionally.
5. Add sugar and cinnamon and cook just until sugar is dissolved.

STEWED RHUBARB

Yield: 4 servings

- | | |
|------------------|-----------------------|
| 3 c. cut rhubarb | small amount of water |
| 1 c. sugar | |

1. Wash, clean and cut rhubarb into 1-inch pieces.
2. Place in saucepan with a small amount of water.
3. Cook at a simmering rate until tender. Stir occasionally.
4. Add sugar and serve hot or chilled.

FRESH PEACHES

To peel: dip in hot water for about one minute and peel.

To prevent darkening: dip in lemon juice.

To serve: slice and serve with sugar or liquid honey and cream.

CITRUS FRUITS

Oranges: peel orange carefully.

1. Slice orange crosswise into $\frac{1}{4}$ -inch slices. Arrange on a plate.
2. Make sharp cuts lengthwise half way between membrane. Arrange sections on a plate.

Grapefruit:

1. Grapefruit halves: Cut fruit in half; remove seeds; cut triangles of fruit away from membranes and shell. Sprinkle with granulated sugar. Place a maraschino cherry in the middle.
2. Grapefruit sections: follow directions as for oranges.

STEWED FRUITS

1. Dried fruits should be soaked several hours or overnight.
2. Add sugar at the end of cooking period to ensure tenderness. Sugar added at the beginning of the cooking period tends to toughen fruit membranes.
3. Add lemon juice for a slight tartness.

STEWED PRUNES AND APRICOTS

Yield: 4 servings

12 prunes
8 apricots

5 tbsp. sugar
1 tbsp. lemon juice

1. Wash fruit. Cover fruit with water and let stand several hours or overnight.
2. Place the fruit and water in a small saucepan and place over heat. Cook at a simmering rate until fruit is tender.
3. Add sugar and cook until it is dissolved.
4. Add lemon juice. Serve hot or chilled.

Cereals

WHOLE GRAIN CEREALS

Rolled oats
Cracked wheat
Rolled Wheat
Whole grain ready-to-eat cereals
Unpolished rice
Whole wheat flour
Graham flour

REFINED CEREALS

White flour
Polished rice
Macaroni
Spaghetti
Noodles
Cornstarch
Barley
Corn meal
Tapioca

Cereals may be used in soups, casseroles, muffins, hot breads, puddings and cookies; recipes may be found in other sections of the book.

General directions for cooking breakfast cereals:

Type of Cereal	Amt. of Water	Amt. of Cereal	Salt	Cooking Time
Fine or Granular (Farina, Cream of Wheat)	3 c.	½ c.	1 tsp.	5 to 25 min.
Rolled or Flaked Quick Cooking Oats Rolled Oats	3 c.	1½ c.	1 tsp.	10 to 30 min.
Whole or Coarse Flaked Wheat	3 c.	¾ c.	1 tsp.	20 to 45 min.

The shorter cooking time is for quick cooking cereals.

Yield: Fine—6 servings.

Flaked or Coarse—4 servings.

METHOD 1: Double Boiler

Boil the water and salt in the top of a double boiler over direct heat. Sprinkle the cereal gradually into the rapidly boiling water. Boil uncovered over direct heat for 3 to 5 min. — stir only if the cereal settles to the bottom. Cover and place the top of double boiler over boiling water for the remainder of the cooking time.

METHOD 2: For Quick Cooking Cereals

Add cereal slowly to rapidly boiling salted water. Cook over direct heat stirring as little as possible to prevent the cereal sticking to the bottom. Reduce the temperature to low heat for the last half of the cooking time.

N.B.—The time allowance on the package is usually the minimum. Longer cooking time usually improves the flavor of the cereal.

Two tablespoons wheat germ per cup of uncooked cereal may be added to the cereal just before completion of cooking.

One to three teaspoons of flax seed or ¼ to ⅓ cup bran may be added to cup of uncooked cereal. Both may be added if desired.

Cereals may be cooked the day before, covered closely and not stirred while being reheated. To prevent the skin forming, cover with a thin layer of cold water.

RICE

Rice expands 3 to 4 times its bulk during cooking. It is sold as polished, unpolished and wild rice. The unpolished or brown rice contains good amounts of thiamine.

Quick Method of Cooking Rice

1 c. rice

1 tsp. salt

2 c. water

Put rice, salt and cold water in a tightly covered saucepan and bring to a quick boil. Turn heat to simmer, do not open pot, and let simmer for 15 minutes.

Soups

Soups which are thick and hearty may be served as a main dish for lunch or supper. These include cream soups and thickened stock soups. Thin soups may be served as an appetizer before lunch or dinner, never as a main course.

A thin white sauce is the basis for cream soups.

WHITE SAUCE

Type	Fat	Flour	Salt	Pepper	Milk
Thin	1 tbsp.	1 tbsp.	$\frac{1}{2}$ tsp.	f.g.	1 c.
Medium	2 tbsp.	2 tbsp.	$\frac{1}{2}$ tsp.	f.g.	1 c.
Thick	3-4 tbsp.	3-4 tbsp.	$\frac{1}{2}$ tsp.	f.g.	1 c.

1. Melt fat in the top of a double boiler.
2. Add flour and seasonings and stir to a smooth paste.
3. Add milk, a little at a time. Cook and stir constantly until smooth and thickened.

CREAM SOUPS

CREAM OF POTATO SOUP

4 servings

2 c. thin white sauce	$\frac{1}{8}$ tsp. onion salt
1 c. cooked mashed potato	$\frac{1}{2}$ tsp. celery salt
1 c. stock (potato water)	$\frac{1}{2}$ tsp. dried parsley

1. Combine mashed potato and stock.
2. Add to white sauce which has been made with added seasonings in the top of a double boiler; heat.
3. Serve in hot bowls.

CREAM OF CELERY SOUP

4 servings

2 c. thin white sauce	$\frac{1}{2}$ tsp. celery salt
1 c. celery	$\frac{1}{4}$ tsp. onion salt
1 c. stock	

1. Cut up celery and cook in water.
2. Make white sauce in a double boiler.
3. Add stock, then vegetable and seasonings.
4. Reheat and serve.

CREAM OF CORN SOUP

4 servings

2 c. white sauce (thin)	2 c. creamed corn (1-15 oz. can)
2 c. boiling water	2 slices onion

1. Cook corn and onion in boiling water for 20 minutes.
2. Press through a sieve (optional).
3. Make white sauce in a double boiler.
4. Add strained corn, reheat and serve.

CREAM OF TOMATO SOUP

Yield: 4 servings

2 c. canned tomato	1 slice onion or
$\frac{1}{2}$ tsp. sugar	$\frac{1}{4}$ tsp. onion salt
2 tbsp. fat	2 tbsp. flour
2 c. milk	1 tsp. salt
	f.g. pepper

1. Cook tomato with onion, sugar and seasonings till soft.
2. Put through a sieve and keep warm.
3. Make thin tomato sauce using sieved tomato as liquid instead of milk in the white sauce recipe.
4. Just before serving add sauce to cold, fresh milk, stirring it in gradually.
5. Heat and serve at once. If you let it boil, it will curdle.

STOCK SOUPS—Stock soups are made from meat and bones of beef, veal chicken or ham. These soups may be thickened or served clear.

PROPORTIONS OF INGREDIENTS FOR 1 POUND OF MEAT

- | | |
|---------------------------------------------------------------------|-----------------------------|
| 1 pt. to 1 qt. water | 2 tsp. salt |
| 1 tbsp. mixed spices (bay leaf,
mace, cloves, peppercorns, etc.) | $\frac{1}{2}$ c. vegetables |

Directions for making stock:

1. Cut meat in small pieces and saw or crack bone.
2. Add cold water to meat and bone and simmer 3 hours.
3. Add vegetables, spices and salt, and simmer one hour or more.
4. Strain stock and cool quickly.
5. Remove fat before using stock.

SPLIT PEA SOUP

4 servings

- | | |
|-------------------------------------------------|------------------------------------|
| $\frac{1}{2}$ c. split peas, navy or lima beans | celery leaves |
| 1 qt. water and ham bone
or 1 qt. stock | 1 potato, grated
salt if needed |
| $\frac{1}{2}$ small onion, chopped | 1 carrot, optional |

1. Combine first 3 ingredients. Simmer until peas or beans are tender.
2. Add onion, celery leaves, celery, potato and carrot. Continue simmering for 20 or 30 minutes.
3. Add a few grains of pepper, cayenne and 1 tbsp. salt, 2 tsp. sugar.

Salads

A salad may consist of 4 parts:

a. A base of greens. b. Food mixture. c. Dressing. d. Garnish.

1. A salad may be an accompaniment to a meal, (such as a green leafy salad) a main course, (such as a protein or starchy salad) or the sweet ending (fruit salad).
2. Salad ingredients should be crisp and cool and clean. Chill both the ingredients and the serving dishes.
3. Serve fresh fruit and vegetables when possible—at other times use canned and frozen in combination with the fresh.
4. Combine ingredients lightly, do not stir or mash.
5. Select a dressing that suits the salad.

VEGETABLE SALADS

Combine 2 cups shredded cabbage and $\frac{1}{3}$ c. mayonnaise or other salad dressing with:

1. 1 c. shredded carrots, 2 tsp. minced onion, 1 tbsp. lemon juice, $\frac{1}{2}$ tsp. sugar OR
2. 1 c. diced apples (with red peel left on) and 1 c. thinly sliced or diced celery
3. To either (1) or (2) may be added any or all of these: $\frac{1}{2}$ c. of raisins, sliced oranges, grapes, bananas, chopped nuts.

Combine carrots with:

- | | |
|--------------------------------|----------------------------|
| 1. apples, raisins, or nuts. | 3. raw spinach and onions. |
| 2. raw cauliflower and onions. | 4. celery and onions. |

Combine tomatoes with:

1. onions, cucumber, celery and green pepper.
2. or stuff with cottage cheese, egg, meat or potato filling.

POTATO SALAD

4 to 6 servings

- | | |
|-------------------------------------------|------------------------------------------------|
| 4 c. diced cooked potatoes | $\frac{1}{4}$ tsp. pepper |
| $1\frac{1}{2}$ tbs. finely chopped onions | $\frac{1}{3}$ c. mayonnaise or cooked dressing |
| 1 tsp. salt | 1 chopped hard cooked egg |

Combine all the ingredients but the dressing, lightly together. Blend in the dressing.

Variations:

1. Add diced green pepper, cucumber, celery, apple, radish or 2 chopped hard-cooked eggs.
2. Spread slices of ham, tongue or luncheon meat with salad and roll as jelly roll.

FRUIT SALADS

Combine apples with:

1. celery, dates or grapes and nuts.
2. cherries, peaches, pears and grapes.

Combine melons with:

1. grapes, pears, peaches and apples.
2. filled with fruit salad.

Add a mixture of fruit to a thin sugar syrup or whipped cream and freeze. Serve immediately on removal from the refrigerator.

MEAT SALADS

Combine equal quantities of diced meat or chicken with cabbage or celery. Moisten with mayonnaise or cooked dressing.

Variations:

Add chopped nuts, cooked peas, diced green or red pepper, egg, cucumber, apples, or olives.

A SIMPLE GARNISH ADDS A FINISHING TOUCH TO ANY SALAD.

TOSSED GREEN SALAD

Sprinkle salt in wooden bowl; rub clove of garlic over salt in bowl. Be sure greens are dry. Twist and tear (never cut) selection of greens into bowl. Add other vegetables such as onion rings (very thin), celery, green pepper rings, etc. Sprinkle with salt, pepper, paprika, and a little dry mustard. Just before serving, pour oil over greens; toss lightly until greens glisten. Then pour over greens half as much vinegar as oil used. Toss again, serve immediately.

SALAD DRESSINGS

Boiled Dressing

- | | |
|-------------------------|---------------------------------------------|
| $\frac{1}{2}$ tsp. salt | 1 egg or 2 yolks |
| 1 tsp. mustard | 1 tbs. butter or oil. |
| f.g. cayenne | 1 c. milk or water |
| $\frac{1}{3}$ c. sugar | $\frac{1}{2}$ cup vinegar plus enough water |
| 3 tbs. flour | to make $\frac{3}{4}$ cup. |

1. Mix dry ingredients in upper part of double boiler.
2. Add beaten egg and milk.
3. Add vinegar, slowly.
4. Cook over boiling water, stirring constantly till thick.
5. Remove from heat; add oil or butter.

(This may be thinned with cream or whipped cream.)

Uncooked Dressing

- | | |
|--------------------|------------------------------------|
| 2 well beaten eggs | 2 tsp. butter (melted) or use oil. |
| 2 tsp. salt | f.g. red pepper or paprika |
| 2 tsp. mustard | 1 can Borden's Eagle Brand |
| 1 cup vinegar | Condensed Milk |

1. Beat first four ingredients vigorously for a few minutes.
2. Add vinegar; stir well.
3. Add melted butter and paprika.
4. Set aside for a few hours to thicken.

French Dressing

- | | |
|---------------------------|----------------------------|
| 1 tsp. salt | 4 tbsp. salad oil |
| $\frac{1}{4}$ tsp. pepper | $\frac{1}{4}$ tsp. paprika |
| 4 tbsp. vinegar | |

1. Combine ingredients; shake in bottle or stir until well blended.

Fruit Salad Dressing

- | | |
|----------------------------------|------------------------|
| Juice of 1 lemon | 1 egg yolk |
| $\frac{1}{2}$ c. pineapple syrup | $\frac{1}{4}$ c. sugar |
| 1 tsp. cornstarch | 1 egg white |
| Pinch of salt | |

1. Into the top of the double boiler put cornstarch and salt. Slowly stir in the fruit juices.
2. Cook over hot water, stirring till it thickens. Cook 5 minutes longer.
3. Mix egg yolk and sugar, and stir into hot mixture. Cook 3 minutes longer.
4. Beat egg white stiff and fold into hot mixture. Cool by replacing the hot water in the lower part of the double boiler with cold water.
5. Chill in refrigerator.

Variation:

Use $\frac{1}{2}$ c. whipped cream instead of the egg white, folding it in just before serving.

Eggs

Eggs are graded by Government standards from A.1 to C. Eggs used for cooking in the shell, frying, poaching, omelet, or scrambling should be of high quality, A.1 or A. Other grades may be economical for baking or general cookery.

Grade A eggs are available in different sizes—large, medium and pullet—Choose eggs by grade and size.

The color of the shell, white to brown, does not affect the cooking qualities or nutritive value of eggs.

Eggs lose flavour and food value if carelessly handled. Keep eggs in covered container in refrigerator at temperature 45°-50° F.

Low temperature, accurate timing and careful handling are the simple basic rules of good egg cookery. The protein of the egg coagulates with heat. If low temperatures are used, the proteins are moist and tender—high temperatures shrink the protein, making it hard and tough.

Careful handling is important in separating the yolk and the whites. The fat in the yolk affects the foaming quality of the whites. One drop may keep the whites from forming a stable foam as whites are beaten.

NOTE—Send for free copies of "Cooking Canada's Eggs" and "Happy Meals with Poultry and Eggs" Poultry Products Institute of Canada, 51 Eglinton Ave. E. Toronto 12.

HARD-COOKED EGGS

1. Place eggs in a saucepan and cover with cold water.
2. Cover saucepan, and bring rapidly to boiling point.
3. Turn heat to very low, and simmer eggs for 15 minutes.
4. Remove eggs from stove, and cover with cold water.

SCRAMBLED EGGS

Yield: 4 servings

2 tbsp. butter or margarine	$\frac{1}{8}$ tsp. pepper
6 eggs	$\frac{1}{4}$ c. milk
$\frac{1}{2}$ tsp. salt	$\frac{1}{8}$ tsp. paprika (optional)

1. Break eggs into a medium bowl.
2. Add milk and seasonings, beat with fork to blend white and yolk.
3. Melt butter in a pan.
4. Pour egg mixture into pan, cook over low heat, lifting with spatula.

Variations:

With Cheese:

$\frac{1}{3}$ c. grated cheese	2 tsp. parsley or onion
--------------------------------	-------------------------

1. Add cheese and onion or parsley to egg mixture and cook as above.

With Chili Sauce:

1. Make scrambled eggs as above.
2. When eggs start to set, stir in 1 tbsp. melted butter, $\frac{1}{4}$ c. chili sauce and $\frac{1}{2}$ tsp. grated onion.

PLAIN OMELET

Yield: 4 servings

$1\frac{1}{2}$ tbsp. butter or margarine	1 tbsp. cold water per egg
8 eggs	$1\frac{1}{2}$ tsp. salt

1. Melt butter in large frying pan, making sure that the sides and bottom are greased thoroughly.
2. Break eggs into a medium bowl, add water and salt.
3. Beat just enough to blend mixture.
4. Pour into hot greased frying pan over low heat.
5. As mixture sets at edges, lift with a knife to let uncooked mixture flow to the bottom. Continue until all the omelet is cooked.
6. Loosen edge of omelet all around, fold in half, turn out on platter.

PUFFY OMELET

Yield: 4 servings

Oven Temperature: 350° F.

6 eggs, separated	$\frac{1}{8}$ tsp. pepper
6 tbsp. water	2 tbsp. fat
$\frac{1}{2}$ tsp. salt	

1. Add water to egg whites, beat until stiff but not dry.
2. Beat yolks until thick and lemon colored, beat in salt and pepper.
3. Fold yolks into whites.
4. Heat fat in 10-inch frying pan. Pour in omelet mixture.
5. Cook over moderate heat until well puffed and golden brown on the underside.
6. Bake in oven at 350 degrees for 15 minutes, or until surface feels dry and omelet is firm in the centre.
7. Remove from oven, loosen edges and partially cut in half, fold and turn out on platter.

EGG IN A NEST

Yield: 1 serving

Oven Temperature 325° F.

- | | |
|------------------------|--------|
| 1 egg white | salt |
| 1 slice buttered toast | pepper |
| 1 egg yolk | |

1. Pile stiffly beaten egg white on a slice of lightly buttered toast.
2. Make a depression in centre and drop unbeaten egg yolk into it.
3. Sprinkle with salt and pepper.
4. Brown and serve.

SHIRRED EGGS

Oven Temperature: 325° F.

1. Butter muffin tins and slip in carefully broken eggs.
2. Dust lightly with salt and pepper and dot with butter.
3. Set dishes in pan of hot water and bake until firm.

DEVILLED EGGS

Yield: 12 halves

- | | |
|-----------------------------|--------------------------------|
| 6 shelled, hard-cooked eggs | $\frac{1}{4}$ tsp. dry mustard |
| $\frac{1}{4}$ c. mayonnaise | 1 tsp. minced onion |
| $\frac{1}{4}$ tsp. salt | paprika |
| f.g. pepper | |

1. Cut eggs in halves, lengthwise. Remove yolks and put in bowl.
2. Mash yolks with a fork until fine and crumbly.
3. Add mayonnaise, onions, and spices to the yolks and mix until smooth.
4. Refill hollows of the whites with this mixture, rounding each half slightly. Sprinkle with paprika.

Cheese Dishes

Cheese is one of the main foods used as a meat substitute. Since it is a milk-food it contains protein as well as the important minerals and vitamins found in milk.

If cheese is cooked for too long a time or at too high a temperature it will curdle or form a stringy mass and become tough and rubbery. For that reason cheese should be cooked for as short a time as possible, at a low temperature or over hot water.

Moisture promotes mould on your cheese, dry air dries it out and warmth speeds up both these processes. Therefore, it is best to store cheese in the refrigerator in a covered dish or wrapped in Saran Wrap.

WELSH RABBIT

Yield: 1½ cups

- | | |
|-----------------------------|--------------------|
| 2 tbsp. butter or margarine | ½ tsp. salt |
| 2 tbsp. flour | ½ tsp. dry mustard |
| 1 c. milk | Dash paprika |

1 c. grated cheese

1. Melt margarine, add flour and blend.
2. Add milk, stir over low heat until thick.
3. Add cheese, stir until melted.
4. Add seasonings.
5. Serve immediately over buttered toast or pour over slice of tomato on toast, garnish with bacon slices.

CHEESE SOUFFLE

Yield: 6 servings

Oven Temperature: 300° F. Time: 1 hour

- | | |
|------------------------------|----------------------|
| 1½ tbsp. butter or margarine | 1 c. milk |
| ½ tsp. salt | 1 c. shredded cheese |
| 3 tbsp. flour | 4 egg yolks |
| few grains cayenne | 4 egg whites |

1. Melt margarine, blend in flour and seasonings.
2. Gradually stir in milk, stir over low heat until thick.
3. Add cheese and stir sauce until cheese is melted.
4. Beat egg yolks until thick.
5. Gradually stir hot sauce in egg yolks.
6. Cool mixture until lukewarm.
7. Beat egg whites until stiff but not dry.
8. Add to cooled yolk mixture and fold the two mixtures together until egg whites are reduced to about the size of small pebbles.
9. Turn mixture into greased baking dish.
10. Bake in slow oven until souffle feels delicately firm when touched lightly—about 1 hour.
11. Serve immediately.

MACARONI AND CHEESE

Yield: 5 servings

Oven Temperature: 400° F.

- | | |
|------------------------------|-----------------------|
| 1 cup macaroni | 1 cup milk |
| 1½ tbsp. butter or margarine | ¾ cup grated cheese |
| 2 tsp. flour | ½ cup buttered crumbs |
| ½ tsp. salt | |

1. Cook macaroni until tender in 6-8 c. boiling salted water.
2. When tender, drain macaroni and rinse with cold water.
3. Melt margarine, blend in flour, salt and pepper.
4. Add milk and stir over low heat until thick.
5. Add cheese, stir until melted.
6. Add macaroni to sauce, turn into a buttered baking dish.
7. Cover with crumbs.
8. Brown in hot oven.

NOTE—To make ½ c. buttered crumbs: Melt 1 tsp. margarine in small pan. Stir in ½ c. dry crumbs.

RING OF PLENTY

Yield: 6 servings

Oven Temperature: 350° F. Time: 35 minutes

- | | |
|------------------------------|--------------------|
| 1 c. macaroni | 1 tbsp. onion |
| 1 tsp. salt | 1 tbsp. pimento |
| 1 c. hot milk | 1 c. bread crumbs |
| 2 tbsp. butter or margarine | 1 egg, well beaten |
| 1 c. shredded Cheddar cheese | 1 tbsp. salt |
| 1 tbsp. minced parsley | |

1. Boil macaroni with salt in 6-8 c. of boiling water and drain.
2. Combine cooked macaroni with the other ingredients.
3. Pour into well-greased mold, set in pan of water one inch deep.
4. Bake 30-35 minutes or until set.
5. Unmold on plate and serve with creamed seafood or chicken.

CHEESE DREAMS

Yield: 6 servings

Oven Temperature: 400° F. Time: 8 minutes

- | | |
|-----------------------------|-----------------------------|
| 1 tbsp. butter or margarine | 1 tsp. Worcestershire sauce |
| 1 beaten egg | 2 c. grated cheese |
| $\frac{1}{4}$ tsp. salt | 6 slices bread |
| $\frac{1}{2}$ tsp. mustard | 6 slices bacon |
| $\frac{1}{4}$ tsp. paprika | |

1. Add margarine, egg and seasonings to cheese and mix to a paste.
2. Spread on bread and place bacon on top.
3. Bake in hot oven for 5-8 minutes.

Vegetables

Rules for buying and storing:

1. Buy firm fresh vegetables and buy frequently in small quantities so that they don't deteriorate.
2. Root vegetables should be stored in a well-ventilated cool, place. They keep better unwashed.
3. Store cleaned perishable vegetables in the crisper in the refrigerator.

Cooking vegetables:

1. The best cooking methods for the preservation of vitamins and minerals are to cook without water.

The poorest method, resulting in the greatest loss of food value, is boiling in water to cover.

Vegetable Do's:

1. cook whole if possible.
2. slice lengthwise if at all.
3. bake in their skins.
4. cook in as little water as possible.
5. start them in boiling water.
6. cook only enough for one meal.
7. pare thinly if at all.

Vegetable Don'ts:

1. don't let vegetables stand in water.
2. don't add soda to green vegetables.
3. don't throw away the water from vegetables.
4. don't overcook.

BAKED VEGETABLES

STUFFED BAKED POTATOES

4 servings

Temperature: 400° F.

- | | |
|-----------------------------|---------------|
| 4 potatoes | 1 tsp. salt |
| 2 tbsp. butter or margarine | f.g. pepper |
| 1/3 c. hot milk | grated cheese |

1. Scrub potatoes, prick with a fork.
2. Arrange on a pan in the oven.
3. Bake 1 hr. or until tender.
4. Cut baked potato in half lengthwise.
5. Scoop out the inside without breaking the skin.
6. Mash potato, season, add butter and milk and beat until fluffy.
7. Return to shells, sprinkle with grated cheese.
8. Reheat till brown, 15 min.

BAKED SQUASH. 400° F.

1. Cut the vegetable in squares, removing seeds and stringy portion.
2. Place cut side down in 1/8" water in pan.
3. Bake 1/2 hr., dot each piece with butter and sprinkle with brown sugar, if desired and season.
4. Bake 1/2 hr. longer or until tender.

VEGETABLE CASSEROLES

CARROTS IN CASSEROLE

4 servings

400° F.

- | | |
|----------------------|---------------|
| 4 med. sized carrots | 1/2 tsp. salt |
| 3 tsp. butter | f.g. pepper |
| 2-4 tbsp. water | |

1. Cut vegetable into match-sized pieces.
2. Place in a greased casserole dish.
3. Dot with butter and season to taste.
4. Add water—cover and bake until tender (35 min.)
5. Remove the cover to brown.

Variation:

Turnip or parsnip may be used instead of carrots.

SCALLOPED POTATOES

4 servings

375° F. 1-1 1/2 hours.

- | | |
|---------------|-----------------------------|
| 4 potatoes | 2 tbsp. butter or margarine |
| 1 tsp. salt | 1 1/2-2 c. hot milk |
| f.g. pepper | onion (optional) |
| 2 tbsp. flour | |

1. Wash, pare, and cut potato in thin slices.
2. Put a layer in a greased baking dish.
3. Sprinkle with salt and pepper and dredge with flour and dot with butter.
4. Repeat until the dish is 3/4 full.
5. Add hot milk until it can be seen through the top layer.
6. Bake covered for the first half of the baking time.

POTATO PUFF

Yield: 4 servings

Oven Temperature: 350° F.

1½ c. mashed potatoes

¼ c. milk

1 egg

2 tbsp. butter

1. Add beaten egg yolk, cream and butter to mashed potatoes.
2. Fold in well beaten egg white.
3. Heap lightly into baking dish.
4. Bake for 30 minutes until puffed and brown.

CREAMED DISHES

CREAMED VEGETABLES

Suggested vegetables:

cauliflower

carrots

cabbage

beans

2 c. cooked, drained vegetables

1 c. medium white sauce: See page 14.

1. Make the white sauce, pour over the vegetables, and serve hot.

CANNED VEGETABLES

1. Drain liquid from can into saucepan.
2. Bring to a boil; add vegetables, heat, season and serve.

FROZEN VEGETABLES

1. Do not thaw before cooking.
2. Cook in ¼ cup boiling salted water.
3. Carefully break the vegetables apart with a fork.
4. Cover and cook at boiling temperature for the time indicated on the package.

Luncheon And Supper Dishes

CASSEROLES

SPANISH RICE AND SAUSAGE

Yield: 4-5 servings

Temperature: 350° F. 20 minutes

1 c. rice

1 tsp. parsley

4 c. boiling water

1 tbsp. fat

1 tsp. salt

¼ c. finely chopped onion

2 c. canned tomato

3 tbsp. chopped green pepper

½ tsp. pepper

1 lb. sausage

1 tsp. celery salt

1. Cook rice in rapidly boiling salted water till tender, or by any method you prefer. (See page 13.) Drain and rinse with cold water.
2. Melt fat and saute green pepper and onion 5 min.
3. Combine all ingredients except sausage. Brown sausage in frying pan.
4. Put half rice mixture in a greased casserole. Arrange browned sausage on top. Cover with remaining rice mixture and bake.

CHILI CON CARNE

Yield: 6 servings

30 minutes

- | | |
|--------------------------|------------------------|
| 1 lb. ground beef | $\frac{1}{3}$ c. water |
| 1 small onion, chopped | 1 tsp. vinegar |
| 2 tbsp. shortening | 1 tsp. chili powder |
| 1 c. canned kidney beans | 2 tsp. salt |
| 1 10 oz. tin tomato soup | 1 tsp. pepper |

1. Melt fat in a heavy saucepan and brown meat and onion.
2. Add remaining ingredients and simmer for 30 min., stirring occasionally.

CREOLE FRANKS ON RICE

Yield: 3-4 servings. 20 minutes.

- | | |
|---------------------------------------|----------------------|
| 3 wieners | 2 c. water |
| $\frac{1}{4}$ c. chopped green pepper | 2 tbsp. fat |
| $\frac{1}{4}$ c. chopped onion | 1 c. canned tomatoes |
| 1 c. rice | 1 tsp. salt |

1. Cook rice in rapidly boiling salted water until tender or until rice absorbs water. See page 13. Rinse rice in cold water and drain.
2. Melt fat in frying pan and brown green pepper and onion. Add rice, tomatoes and salt.
3. Cover and simmer 15 min.
4. Remove cover, place wieners on rice. Return cover and simmer 5 min.

SHEPHERD'S PIE

Yield: 4 servings

Temperature: 350°. 35-40 minutes

- | | |
|-------------------------------------------|------------------------------|
| 1 tbsp. shortening | $\frac{1}{4}$ c. milk |
| 1 tbsp. flour | 1 tbsp. finely chopped onion |
| $\frac{1}{8}$ tsp. celery salt (optional) | $\frac{1}{4}$ tsp. salt |
| $\frac{3}{4}$ c. canned tomatoes | f.g. pepper |
| $\frac{1}{2}$ lb. ground beef or | 2 medium potatoes |
| $\frac{3}{4}$ c. cooked diced beef | 2 tbsp. margarine |

1. Wash and pare potatoes. Cook until tender in a medium amount of boiling salted water, or use leftover mashed potatoes.
2. Drain, steam and mash potatoes.
3. Beat potatoes with milk and margarine until mixture is light and fluffy.
4. Melt fat in a frying pan, add onion and meat and brown. Add seasoning and flour.
5. Add tomatoes and cook until mixture is tender.
6. Pour mixture into a greased casserole.
7. Top with mashed potato mixture.
8. Cover and place in a moderate oven, 350° for 25 min.
9. Remove cover and bake 10 min. more or until top is golden brown.

NOTE—If cooked diced meat is used, cooked meat is added when onion, flour, seasonings and tomatoes have thickened.

MACARONI SAUTE

Yield: 3 - 4 servings

- | | |
|-----------------------------------------------------|-----------------------------|
| 1 c. macaroni (uncooked) | $\frac{1}{4}$ c. salad oil |
| $\frac{1}{4}$ c. chopped onion | 2 c. tomatoes (or juice) |
| $\frac{1}{4}$ c. chopped green pepper
(optional) | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ clove garlic (mashed) | $\frac{1}{8}$ tsp. pepper |
| | 1 tsp. Worcestershire Sauce |

1. Saute uncooked macaroni, onion, green pepper and garlic in hot oil until macaroni turns yellow.
2. Add tomatoes and seasonings.
3. Bring to boil and simmer for 20 - 30 minutes.

HAMBURGER CHOP SUEY

Yield: 4 servings

- | | |
|-----------------------------|-----------------------------------------|
| 1 medium onion | $\frac{1}{4}$ tsp. pepper |
| 2 tbsp. shortening | $1\frac{1}{2}$ tbsp. cornstarch |
| $\frac{3}{4}$ lb. hamburger | $\frac{1}{4}$ tsp. brown sugar |
| 3 stalks celery | 2 tsp. soy sauce |
| 1 bouillon cube | 1 tbsp. water |
| $\frac{3}{4}$ tsp. salt | $\frac{1}{2}$ - 15 oz. tin bean sprouts |

1. Cook thin slices of onion and meat in the oil until brown.
2. Dissolve bouillon cube in $\frac{1}{2}$ c. water.
3. Cut celery into thick slices.
4. Add dissolved bouillon cube, celery, salt and pepper to meat mixture.
5. Cover and cook slowly for ten minutes.
6. Make a paste with corn starch, brown sugar, soy sauce and water.
7. Stir into meat and cook until sauce is slightly thick and clear.
8. Add drained bean sprouts and cook over low heat until bean sprouts are hot.

TUNA BAKE

Yield: 3 - 4 servings

Oven Temperature: 425° F.

- | | |
|-------------------------|------------------------------------------|
| 2 tbsp. chopped onion | $\frac{1}{2}$ can chicken with rice soup |
| 2 tbsp. fat | $\frac{1}{2}$ - 7 oz. can tuna |
| $\frac{1}{2}$ tsp. salt | 1 tbsp. lemon juice |
| $\frac{3}{4}$ c. milk | |

1. Cook onion in hot fat until golden, blend in salt and flour.
2. Add soup and milk and cook until thick, stirring constantly.
3. Add flaked tuna and lemon juice.
4. Pour into greased baking dish and top with the following:
One-half recipe of baking powder biscuit dough. Roll $\frac{1}{4}$ " thick. Sprinkle with $\frac{1}{2}$ c. grated cheese. Roll as for jelly roll and cut into $\frac{1}{2}$ " slices.
Bake 30 minutes.

HEAVENLY HAMBURGER

Yield: 4 servings

Oven Temperature: 450° F.

- | | |
|-------------------------------|-------------------------------|
| 1 sliced onion | $\frac{1}{2}$ can kernel corn |
| $\frac{3}{4}$ lb. hamburger | 1 c. mashed potatoes |
| $\frac{1}{2}$ can tomato soup | 1 tbsp. melted margarine |

1. Saute onions and hamburger until brown.
2. Add soup and corn, mix thoroughly.
3. Place in greased baking dish.
4. Cover with potatoes, brush with melted margarine.
5. Bake until brown.

SOUTHERN STROGANOFF

Yield: 4 servings

- | | |
|-------------------------------|---------------------------------------|
| $\frac{1}{2}$ lb. ground beef | $1\frac{1}{2}$ tbsp. prepared mustard |
| 1 small onion, diced | $\frac{1}{2}$ can chicken gumbo soup |
| $1\frac{1}{2}$ tbsp. catsup | |

1. Brown beef and onion in hot fat.
 2. Stir in catsup, mustard and soup.
 3. Simmer until thickened about 15 mins.
 4. Spoon over toasted split bun.
- Can be served with potato chips and relish tray.

PERFECT TUNA CASSEROLE

Yield: 4 servings

Oven Temperature: 375° F.

- | | |
|------------------------------|----------------------------------------|
| 1 can cream of mushroom soup | 1 c. drained green peas |
| $\frac{1}{2}$ c. milk | $1\frac{1}{2}$ c. crushed potato chips |
| 1—7 oz. can tuna | |

1. Empty soup into 1 qt. casserole, blend in milk.
2. Add tuna, peas and 1 c. potato chips to soup mixture. Stir well.
3. Sprinkle top with remaining chips.
4. Bake for 25 minutes.

CREAMED MEAT

Yield: 3 servings

- | | |
|--------------------------------------|-----------------------------------------|
| 1 c. finely cut cooked meat | 1 tsp. catsup or Worcestershire |
| $\frac{1}{2}$ can cream of mushroom, | sauce |
| tomato, chicken or celery soup | $\frac{1}{2}$ tsp. celery, chili powder |
| $\frac{1}{2}$ can milk | or garlic salt |
| $\frac{1}{2}$ tsp. salt | |

1. Heat all ingredients together. Add salt and pepper.
2. Serve on hot toast, rice, macaroni, noodles or hot baking powder biscuits.

BEEF PUFF

Yield: 4 servings

Temperature: 400°. 30 minutes

- | | |
|---------------------------------|--------------------------------|
| 1 c. finely chopped cooked beef | $\frac{1}{4}$ c. milk |
| 2 tbsp. chopped onion | 1 slightly beaten egg |
| 2 medium sized potatoes | $\frac{1}{4}$ c. grated cheese |
| 1 tsp. salt | $1\frac{1}{2}$ tsp. margarine |

1. Wash and peel potatoes. Cook until tender in a medium amount of boiling salted water. Drain, steam and mash.
2. Beat together mashed potatoes, onion, salt, milk and egg.
3. Fold beef into potato mixture.
4. Turn mixture into a greased casserole.
5. Top with grated cheese and dot with margarine.
6. Bake at 400° for $\frac{1}{2}$ hour and serve hot.

Main Dish Sauces

Sauces can make your cooking seem inspired. They add a special zest to leftovers, a special flavor to vegetables.

The double boiler is a friend to the sauce-maker, because so many sauces need to have even heat. However, if direct heat is not too high it can be used. Direct heat will speed up the cooking process but you cannot be assured of a smooth sauce.

CHEESE SAUCE

Yield: $1\frac{1}{2}$ cups

- | | |
|----------------------------------------|-------------------------|
| f.g. dry mustard | 1 c. medium white sauce |
| Dash of cayenne | (see page 14) |
| $\frac{3}{4}$ c. shredded nippy cheese | |

1. To medium white sauce add the dry mustard and cayenne.
2. Just before serving add cheese.
3. Stir over heat just until cheese is melted. Serve at once.
4. Serve on cooked vegetables such as cauliflower and cabbage.

TARTAR SAUCE

Yield: 1 cup

- | | |
|----------------------------|------------------------|
| 1 c. mayonnaise | 1 tsp. minced parsley |
| 1 tsp. grated onion | 1 tsp. chopped pimento |
| 1 tbsp. minced dill pickle | 1 tbsp. lemon juice |

Combine all ingredients. Serve on fish.

RAISIN SAUCE

Yield: 2 cups

- | | |
|-----------------------------|------------------------------|
| 1¼ c. chopped raisins | 2 tbsp. flour |
| 1¾ c. water | 1 tsp. lemon juice |
| 1 c. sugar | 1½ tsp. Worcestershire sauce |
| ¼ tsp. cloves | ½ tsp. salt |
| 2 tbsp. butter or margarine | ⅛ tsp. pepper |

1. Combine raisins, water, sugar and cloves in a saucepan and heat to boiling point. Boil very slowly for 5 minutes.
2. Melt butter, add flour and stir until frothy.
3. Remove from heat and slowly add raisin mixture, stirring constantly.
4. Cook, with constant stirring until sauce is thickened.
5. Remove from heat and add the remaining ingredients.
6. Serve with ham or tongue.

CURRY SAUCE

Yield: 2¾ cups

- | | |
|--------------------------|------------------|
| 2 onions, chopped | 3 tbsp. flour |
| ½ c. butter or margarine | 2½ c. cold water |
| 1½ tsp. curry powder | 1 tsp. vinegar |

1. Brown onions in ¼ c. of the margarine.
2. Melt the remaining amount of margarine.
3. Stir in flour.
4. Stir in water, vinegar.
5. Cook over low heat, stirring constantly until it thickens.
6. Add onions and curry powder.
7. Serve over leftovers of chicken or beef.

TOMATO SAUCE

- | | |
|--------------------|-----------------------------|
| 1 c. tomatoes | 1 tsp. chopped parsley |
| ½ c. water | ½ tsp. salt |
| 1 slice onion | f.g. pepper |
| 1 tsp. sugar | 1 tbsp. butter or margarine |
| 2 whole cloves | 1 tbsp. flour |
| ⅛ tsp. celery salt | |

1. Cook tomatoes, water, onion, sugar, and spices together in a covered saucepan for 10 min.
2. In another pot melt the butter; add the flour and stir until smooth.
3. Add the tomato mixture to the flour mixture; add seasoning and cook 5 min.

GRAVY

1. Estimate the amount of fat in the pan
2. Add the same quantity of flour with seasoning to taste.
3. Add boiling water to make the consistency of medium to thin white sauce.
4. Cook until no taste of raw starch remains (about 5 minutes).

Meat

The Structure of Meat

Meat is made up of fat, bone, muscle fibres, and connective tissue. The muscle fibres are hollow tubes containing meat juices and extractives which give a characteristic flavour to meat. There are two kinds of connective tissue; soft white tissue which becomes like gelatine when cooked, and harder yellowish tissue which hardens at high temperatures. Tender cuts of meat contain a minimum of the hard yellow type, and they come from those parts of the animal which receive the least exercise. Tough cuts of meat contain thickened muscle walls, and large amounts of connective tissue. These cuts come from the greatly exercised parts of the animal, such as the leg, shoulder, neck and flank.

The Buying of Meat

Meat cookery is dependent on the tenderness of the meat. Buy by grade and by cut for economy and satisfaction.

Good meat is firm, covered with smooth, cream-coloured fat, and the flesh is well-marbled with fat.

The Caring for Meat

All meats should be kept loosely covered in the coldest part of the refrigerator, and used as soon as possible. Fancy meats, and ground meat should not be kept over 24 hours before using.

The Cooking of Meat

There are three factors which determine the method used to cook meat.

1. Degree of tenderness.
2. Size of the cut.
3. Kind of meat—beef, pork, lamb, veal.

Principles of Meat Cookery

Tender Cuts:

1. They contain small amounts of connective tissue.
2. They may be cooked quickly with dry heat at moderate temperature.
3. Ground meat may be treated as a tender meat.

Tough Cuts:

1. They contain large amounts of connective tissue.
2. They require long slow cooking with moisture.
3. Pounding, freezing, grinding, the use of acids, help to tenderize.

All Cuts:

1. Avoid high temperatures. They toughen, harden, and shrink meat.

METHODS OF MEAT COOKERY

For Tender Cuts

Roasting—All roasts should be placed fat side up on a rack in an open pan in a moderate or low oven. Do not add water, do not cover. Meats to be roasted: Roasts (tender cuts), meat loaves.

Broiling—Slash edges of the fat to prevent curling. Preheat the broiler. Place the steak or chops on the broiling rack so that the surface of the meat is 3 to 5 inches from the source of the heat. Broil until one side is brown, then turn and broil to the desired degree of doneness.

Meats to be broiled: Steaks from top quality beef, lamb chops and lamb steaks, cured pork steaks, fancy meats, veal kidney, pre-cooked sweet-bread, table-ready meat.

Pan-Broiling—Place meat in a hot heavy, frying pan. Do not add fat or water, and do not cover. It may be desirable to rub a bit of fat on the frying pan to prevent some meat from sticking. Cook quickly, and turn to other side. Pour off fat as it accumulates. Brown meat on both sides. Season.

Meats to be pan-broiled: All meats that are suitable for broiling as well as steaks less than 1" in thickness.

Pan-Frying—Brown meat on both sides in a small amount of fat in a heavy frying pan. Season with salt and pepper. Do not cover the meat. Cook at moderate temperatures until done, turning occasionally.

Meats to be pan-fried: Any meat that has a coating of flour, meal, or egg and crumbs or meat very low in fat such as liver, cubed steak.

For Tough Cuts

Braising—Brown meat in a moderately hot pan, using extra fat if necessary. Season, and add a small amount of liquid. Cover, and cook slowly on top of the stove, or in the oven, until tender. Vegetables may be added during the latter part of the cooking period. Thicken gravy before serving if desired. Meats to be braised: Pork chops, steaks and cutlets; veal chops, steaks, and cutlets; pork liver, and Swiss steak.

Pot-Roasting—It is the same as braising but applied to a larger cut of meat. Meats to be pot-roasted: Less tender cuts of roasts—chuck, rump, blade, or cross-cut rib roasts.

Stewing—It is the same as braising, only more water is used in the cooking process in order to produce a meat stock.

Meats to be stewed: Less tender cuts of meat cut into uniform pieces—shoulder, shank, and breast of lamb or mutton.

Boiling—The meat is slowly boiled until tender—Use this method sparingly. Meats to be boiled: tongue, and some types of ham.

BRAISING

SWISS STEAK

4 servings

1 ¼ lb. round steak	2 tbsp. fat
¼ c. flour	½ c. tomato juice
1 tsp. salt	½ c. water
½ tsp. pepper	½ onion—sliced

1. Place the meat on a breadboard.
2. Mix the flour, salt and pepper together.
3. Spread the flour mixture over both sides of the meat.
4. Using the edge of a heavy plate, pound the meat until all the flour is absorbed.
5. Melt the fat in a frying pan. Brown the steak on both sides.
6. Add the tomato juice, water, and onion. Cover tightly, and cook at simmering temperatures until tender.

PORCUPINE MEAT BALLS

Yield: 4 servings

- | | |
|-------------------------|------------------------------|
| 1 lb. minced beef | 2 tsp. finely chopped onions |
| $\frac{1}{3}$ c. rice | 1 tin tomato soup |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ c. water |
| f.g. pepper | 1 egg |

1. Wash the rice.
2. Mix meat, onion, rice, seasonings, in a bowl.
3. Form into small balls.
4. Place in a frying pan and brown, add the soup and water.
5. Cover and braise 25-30 minutes.

LIVER CREOLE

4-6 servings

- | | |
|---------------------------------|-----------------------|
| 1 lb. sliced pork or beef liver | salt and pepper |
| flour | 2 tbsp. chopped onion |
| 3 tbsp. fat | 2 c. cooked tomatoes |

1. Dip liver slices in flour, and brown in hot fat.
2. Add seasonings and tomatoes, then cover.
3. Cook slowly 15 min., then uncover, and cook 15 min. longer, or until liver is tender, and sauce is thickened.
4. Serve over hot, cooked lima beans, rice, or spaghetti.

STEWING

BROWN STEW

Yield: 4 servings

- | | |
|----------------------------------------|---------------------------|
| 1 lb. beef (flank, chuck, round, etc.) | 2 c. potatoes, quartered |
| 2 c. water | 1 tsp. salt |
| 1 onion sliced | $\frac{1}{4}$ tsp. pepper |
| 1 c. carrot cubes | 4 tbsp. flour |
| | 2 tbsp. fat |

1. Cut meat into $1\frac{1}{2}$ inch cubes, save fat for frying.
2. Roll meat in flour seasoned with salt and pepper.
3. Brown meat in hot fat.
4. Add onion and brown lightly.
5. Add water, and simmer from 1 hour to $1\frac{1}{2}$ hours.
6. Add vegetables and cook until tender, about 30 minutes longer.
7. Thicken gravy with leftover flour.

DUMPLINGS

Yield: 4 servings

- | | |
|-------------------------|--------------------------------|
| 2 c. all-purpose flour | 2 tsp. butter or margarine |
| 4 tsp. baking powder | $\frac{3}{4}$ c. milk or water |
| $\frac{1}{2}$ tsp. salt | |

1. Cut fat into the sifted flour, baking powder and salt.
2. Add milk slowly and mix.
3. Drop from a tablespoon on top of the stew.
4. Cover closely, and cook for 10 min., without lifting the cover.
5. Arrange around the meat on the platter and serve at once.

BROILING

BROILED MEAT PATTIES

Yield: 4 servings

Oven Temperature: 350°

- | | |
|-------------------------------|---------------------------|
| $\frac{3}{4}$ lb. ground beef | 1 tsp. chopped onion |
| $\frac{3}{4}$ tsp. salt | 2 tbsp. fine bread crumbs |
| f.g. pepper | 2 tbsp. milk |

1. Set the oven at 350° and preheat the broiler.
2. Mix the ingredients lightly with a fork.
3. Shape into round flat cakes.
4. Lay the patties on the greased broiling rack, 3" below the heat. Leave the oven door open.
5. Cook for 10 minutes, then pull broiling pan out and turn the patties over. Broil until interior is browned.

BEEF POTATO PINWHEELS

Yield: 6 servings

Oven Temperature: Broil

- | | |
|---------------------------|----------------------------------------------|
| 1 lb. ground beef | 6 tbsp. bread crumbs |
| $1\frac{1}{2}$ tsp. salt | 2 tbsp. milk |
| $\frac{1}{4}$ tsp. pepper | $1\frac{1}{2}$ c. seasoned mashed potatoes |
| 1 egg | $1\frac{1}{2}$ c. seasoned mashed peas |
| 2 tbsp. melted fat | $\frac{1}{4}$ c. margarine or butter, melted |

1. Mix all the ingredients, except potatoes, peas, and melted butter.
2. Place between two sheets of waxed paper, and press out until $\frac{1}{2}$ " thick.
3. Remove the top waxed paper, and spread one half with the potatoes, and the other half with peas. Roll jelly-roll fashion.
4. Wrap in wax paper and chill well.
5. Cut with a sharp knife into 1" slices.
6. Place 3-4" below the broiler and brush with melted butter.
7. Broil slowly about 10 minutes. Turn with a pancake turner, brush again with butter, and finish broiling.

PAN BROILING

BEEF PATTIES

Yield: 4-6 servings

- | | |
|-------------------------------------|------------------------|
| 1 lb. minced beef | f.g. pepper |
| $\frac{1}{2}$ c. stale bread crumbs | 1 egg |
| 1 tsp. salt | 2 tbsp. fat for frying |
| 2 tbsp. minced onion | |

Variations:

Add any of the following ingredients to the above recipe. $\frac{3}{4}$ c. mashed potatoes or $\frac{1}{2}$ c. tomato juice or 1 tsp. hot meat sauce.

Method:

1. Mix all the ingredients thoroughly.
2. Shape into patties 1 to $1\frac{1}{2}$ " thick.
3. Brown patties lightly on each side in melted fat in frying pan.
4. Reduce heat and cook 6-10 minutes on each side.

PAN-BROILED BACON

1. Trim rind from bacon if it has not been removed.
2. Place the bacon in a cold frying pan, not letting the bacon overlap.
3. Cook slowly over a low heat until the slices begin to curl.
4. Then turn. Pour off the excess fat as it accumulates.
5. Cook until golden brown and crisp, and then drain on absorbent paper.

PAN FRYING

PAN FRIED SAUSAGE

1. Place links in a frying pan.
2. Add about $\frac{1}{4}$ c. water, and simmer covered, 5 minutes.
(Don't boil, and don't prick the links to let the juice out.)
3. Drain off the water, and pan fry slowly, turning with tongs to brown evenly.

ROASTING

CHEESE MEAT LOAF

Yield: 4 servings

Oven Temperature: 350°. 1-1 $\frac{1}{2}$ hours

- | | |
|---------------------------------------------------------------------------------------------|--------------------------------------|
| $\frac{3}{4}$ lb. ground beef | 1 tsp. salt |
| $\frac{1}{3}$ c. chopped Cheddar cheese
(cut into $\frac{1}{4}$ - $\frac{1}{2}$ " cubes) | $\frac{1}{6}$ small bay leaf crushed |
| 2 tbsp. chopped onion | $\frac{1}{16}$ tsp. thyme |
| $\frac{1}{2}$ c. bread crumbs | dash garlic salt |
| | 1 egg |

1. Mix all the ingredients together.
2. Place in a greased loaf pan, and bake.

CANNED CORNED BEEF HASH

Yield: 4 servings

Oven Temperature 350°. $\frac{1}{2}$ hour.

- | | |
|--------------------------------|--------------------------------|
| 1 8 oz. tin of tomato sauce | 1 tsp. prepared mustard |
| $\frac{1}{2}$ c. chopped onion | 1 tin canned corned beef hash |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ c. grated cheese |
| 2 drops tabasco sauce | |

1. Mix the tomato sauce, onion, salt, sauce, and mustard together.
2. Pour $\frac{1}{2}$ cup of this mixture in the bottom of a casserole dish.
3. Cover with a layer of corned beef hash, then sprinkle with the cheese.
4. Repeat Step 2 and 3 again, and bake.

FRANK QUAILS

Oven Temperature: 425°

1. Slit frankfurters lengthwise, but not through.
2. Fill with a stick of sharp cheese, $\frac{1}{2}$ " thick.
3. Wrap each frank spiral fashion with a slice of bacon, fastening each end with a toothpick.
4. Place in a baking dish split side up. Bake in a hot oven (425°) or broil until bacon is crisp and cheese is melted.

Fish

Fish is a meat substitute. It is a source of protein, iron, and iodine, Vitamin A and D, and in some fish, of fat.

Fish may be purchased fresh or frozen, whole, drawn, dressed, in fillets, or in steaks, canned, smoked, dried, and pickled.

Fish should be properly cared for. If not cooked as soon as received, it should be wrapped in waxed paper to prevent loss of juices and kept in a very cold place. Frozen fish should be kept frozen until ready to use. It may be partly, but never completely, thawed if too stiff to handle for stuffing. Cooking while frozen prevents escape of juices. Allow double time for cooking frozen fish.

Fish should be cooked quickly at a high temperature to retain flavour and texture, and to prevent toughening of the protein and loss of juices. It has little connective tissue requiring softening. The time for cooking depends on the thickness of the fish. Fish is sufficiently cooked when it takes on a creamy color and flakes may be separated easily but is still full of juice.

STUFFED FISH

Yield: 6 servings

Temperature: 350° F. 8-10 minutes per inch

2 lbs. fillets or a whole fish. 1½ tbsp. melted butter

Dressing: ½ tsp. salt

1½ c. crumbs ½ tbsp. onion juice

½ can tomato soup ¼ tsp. poultry dressing

1. Clean fish, wipe with damp cloth.
2. Mix dressing.
3. Stuff whole fish, fasten with skewers; or place dressing on one fillet and cover with the other fillet; or place fillet on greased baking pan and put the dressing on in small mounds.
4. Dot with butter and bake.

FISH CRISPIES

Yield: 6 servings

Oven Temperature: 450-500° F. 10-15 minutes

2 lbs. fish fillets 1 tsp. poultry seasoning

1 c. soft crumbs salt, pepper

1 tbsp. melted butter ¼ c. milk

1 tbsp. chopped onion 1 strip bacon

1. Wipe fish and cut into servings.
2. Place on greased baking pan, salt lightly.
3. Combine other ingredients, except bacon, to form dressing.
4. Place mound of dressing on each piece of fish. Sprinkle with finely chopped bacon and bake until done.

SPENCER METHOD FOR FISH FILLETS

Yield: 6 servings

Oven Temperature: 500° F. 10 minutes per inch of thickness.

2 lbs. fish fillets 2 tsp. salt

1 c. milk ¾ c. fine dry bread crumbs

1. Cut fillets into individual portions, and soak three minutes in milk to which salt has been added.
2. Drain, and roll in dry bread crumbs.
3. Place fish on a greased baking dish, dot with butter, and bake.

TUNA NOODLE CASSEROLE

Yield: 6 servings

Oven Temperature: 350° F. 20 minutes

- | | |
|---------------------------------------|-------------------------|
| ¼ lb. medium noodles | 2 T. table fat |
| 1 qt. water, boiling | 1 can (7 oz.) tuna fish |
| ½ tsp. salt | ½ c. milk |
| 1 tin (10 oz.) cream of mushroom soup | ½ c. grated cheese |

1. Add noodles to boiling salted water and cook for 15 min. or until tender. Drain in sieve.
2. Drain oil from tuna; flake with a fork.
3. Combine noodles, mushroom soup, tuna, and milk.
4. Pour into baking dish; sprinkle with cheese and bake.

SALMON LOAF

Yield: 4 servings

Oven Temperature: 350° F. 45 minutes

- | | |
|---------------------|------------------------------|
| 1 cup canned salmon | 1 c. soft bread crumbs |
| 1 egg, beaten | 1 c. milk |
| 1/16 tsp. pepper | ¼ tsp. salt |
| ½ tsp. lemon juice | ½ tbsp. finely chopped onion |

1. Remove the skin from the fish if desired; crush the soft bones and mix with the oil and flaked salmon.
2. Mix all the ingredients in a bowl.
3. Place in a greased loaf tin and dot with butter, and bake till firm and brown.

NOTE—Any kind of fish may be used instead of salmon.

FISH BALLS

Yield: 5 servings

- | | |
|-----------------------|---------------------------|
| 1 c. fish | 1 tbsp. butter |
| 1 egg, beaten | ½ tsp. onion juice |
| 1½ c. mashed potatoes | pepper and salt to season |

1. Mix the ingredients well in a bowl and beat until fluffy.
2. Form into balls or cakes and roll in finely sifted bread crumbs.
3. Fry in hot fat or deep fry, until golden brown.
4. Drain and serve hot.

NOTE—Suitable types of fish to use: codfish, salmon, haddie, salt cod or dry shredded cod, any cooked flaked fish.

If salt codfish is used, tear it into shreds and freshen by covering with warm water. Then cover with cold water and just bring to the boil.

GARNISHES FOR FISH DISHES

Lemons cut in quarters and sprigs of parsley.

Radish roses and curled celery.

Tomatoes sliced and sprinkled with chopped parsley.

Tomato jelly cut in cubes.

Yolk of hard-cooked egg rubbed through strainer, the white cut in strips.

NOTE—Send for your free book of CANADIAN FISH RECIPES—
Department of Fisheries, Ottawa or 165 Garry St., Winnipeg.

Desserts

The well-planned dessert will be a happy ending to the meal. The kind of dessert chosen will depend on the other foods in the meal. A low calorie main course may be followed by a rich dessert such as pie or steamed pudding. A heavy main course will require a more simple dessert that will be more easily digested, for example fruit or fruit whip. If the main dish was an omelet a custard would be a poor choice for the dessert as the flavour in the first course would be repeated.

LEMON SNOW PUDDING

Yield: 6 servings

1 tbsp. unflavored gelatine	$\frac{1}{4}$ c. lemon juice
$\frac{1}{4}$ c. cold water	Grated lemon rind
$\frac{3}{4}$ c. hot water	2 egg whites
$\frac{1}{2}$ c. sugar	

1. Soak gelatine in cold water for 10 min.
2. Dissolve sugar in hot water, add lemon rind, boil together 2 or 3 min.
3. Pour hot liquid over softened gelatine, stir well to dissolve the gelatine and add the lemon juice.
4. Chill until the mixture is partly set.
5. Beat until foamy, add stiffly beaten egg whites and continue beating until the mixture begins to thicken.
6. Pour into molds rinsed with cold water or pile lightly in serving dishes.
7. Serve with custard sauce. See page 38.

SPANISH CREAM

Yield: 5 or 6 servings

1 tbsp. unflavored gelatine	2 egg whites
$\frac{1}{4}$ c. cold water	$\frac{1}{3}$ c. sugar
$1\frac{1}{2}$ c. milk	$\frac{1}{4}$ tsp. salt
2 egg yolks	$\frac{1}{2}$ tsp. vanilla

1. Soak gelatine in cold water for 10 min.
2. Scald milk in a double boiler.
3. Beat egg yolks slightly, add sugar and salt.
4. Add hot milk and cook over hot water or low heat, stirring constantly, until it coats a spoon, forming a thin custard.
5. Remove from heat, add vanilla.
6. Pour the mixture over the soaked gelatine, stir until dissolved and cool.
7. When the mixture is beginning to set, beat well and fold in the stiffly-beaten egg whites.
8. Pour into molds rinsed out with cold water or into serving dishes.
9. Let set, serve with whipped cream if desired.

LEMON SPONGE PUDDING

Yield: 6 servings. Temperature: 325°. 45 minutes - 1 hour

5 tbsp. flour	3 tbsp. lemon juice
1 c. sugar	1 tsp. lemon rind
3 tbsp. margarine or butter	1 c. milk
3 eggs, separated	

1. Cream margarine or butter.
2. Add sugar and cream it in with the butter or margarine.
3. Blend in the flour.
4. Add the well-beaten egg yolks.
5. Add the milk, lemon juice and rind and mix well.
6. Fold in the stiffly-beaten egg whites.
7. Pour into a greased baking dish, or into individual baking dishes. and bake.
8. A cake top will form with a custard layer below.

JUNKET

Yield: 4 servings

1 pt. milk	1 junket tablet
3 tbsp. sugar	1 tbsp. lukewarm water
f.g. salt	$\frac{3}{4}$ -1 tsp. flavouring

1. Dissolve junket tablet in the lukewarm water.
2. Heat the milk in the double boiler until it is lukewarm.
3. Add the sugar and flavouring to the milk, stir until the sugar is dissolved.
4. Add the junket and pour into serving dishes.
5. Let stand at room temperature until firm, and chill.
6. Garnish with whipped cream or fruit and serve.

BAKED CUSTARD

Yield: 4 servings

Temperature: 350°. 45 minutes - 1 hour

2 eggs	$\frac{1}{8}$ tsp. salt
2 c. milk	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{4}$ c. sugar	

1. Scald the milk.
2. Beat the eggs until they are mixed.
3. Add the sugar and salt to the eggs, beat until well blended.
4. Pour the hot milk into the egg mixture, stirring constantly.
5. Add the vanilla.
6. Pour the mixture into greased individual custard cups.
7. Set the cups into a pan of hot water.
8. To test the custards insert a knife blade in the center of the custard. If the blade comes out clean the custard is done.
9. Remove from the oven and from the pan of hot water.
10. Chill.

CORNSTARCH BLANC MANGE

Yield: 4 servings

- | | |
|--------------------|----------------------------|
| 2 c. hot milk | f.g. salt |
| 3 tbsp. cornstarch | $\frac{1}{4}$ c. cold milk |
| 2 tbsp. sugar | $\frac{1}{2}$ tsp. vanilla |

1. Blend the cornstarch, sugar, salt and cold milk in the bowl.
2. Add the hot milk slowly to the cornstarch mixture, stirring constantly.
3. Return to the top of the double boiler and stir over hot water until thick.
4. Cover and cook until all the taste of raw starch is gone. Stir occasionally while cooking.
5. Serve with raw or canned fruit, jelly or jam, milk or cream.

CHOCOLATE BLANC MANGE

Yield: 4 servings

- | | |
|------------------------|----------------------------------|
| 2 c. hot milk | $\frac{1}{4}$ c. cold milk |
| 3 tbsp. cornstarch | 1 oz. chocolate or 3 tbsp. cocoa |
| $\frac{1}{2}$ c. sugar | $\frac{1}{2}$ tsp. vanilla |
| f.g. salt | |

1. Make as the Plain Blanc Mange.
2. Melt the chocolate over hot water. If cocoa is used blend it with the sugar and cornstarch.
3. Add the melted chocolate when the cornstarch mixture begins to thicken.

FLOATING ISLAND

1. Make a custard sauce of egg yolks. See page 38.
2. Prepare a meringue with the egg whites. See below.
3. Pile the meringue in a serving dish.
4. Pour the hot custard sauce around the meringue.
5. Chill and garnish with jelly or cherries and serve.

Meringue:

1. Beat egg whites until stiff but not dry.
2. For each egg white add $1\frac{1}{2}$ tbsp. sugar gradually.
3. If desired the meringue may be flavoured with a few drops of vanilla.

FRUIT WHIPS

Yield: 6 servings

- | | |
|----------------------------------|--------------------------|
| 1 c. fruit pulp, prune, apricot, | $\frac{1}{4}$ c. sugar |
| banana, apple sauce, grated | 2 egg whites |
| apple, or crushed berries. | lemon juice, if desired. |

1. Beat egg white until stiff but not dry.
2. Add the sugar gradually and beat until dissolved.
3. Add the lemon juice to the fruit pulp.
4. Fold the fruit pulp into the egg white mixture.
5. Pile lightly into a serving dish.
6. Chill and serve.
7. Custard sauce may be made from the egg yolks. See page 38.

NOTE—Prune whip may be turned into a baking dish and baked in a slow oven until set. Approximately 20 min.

RICE PUDDING

Yield: 4 servings

- | | |
|-------------------------|-------------------------------------|
| $\frac{1}{4}$ c. rice | 2 c. milk |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{4}$ c. raisins (optional) |
| $\frac{1}{4}$ c. sugar | $\frac{1}{4}$ tsp. vanilla |

1. Wash the rice in cold water.
2. Cook rice, salt and milk over hot water for 45 min. or until tender.
3. Stir occasionally with a fork, add more milk if it becomes dry.
4. Add the sugar and raisins, and cook 5 min. longer.
5. Add vanilla and serve.

BREAD PUDDING

Yield: 4 servings. Temperature 300°

- | | |
|-------------------------|-------------------------------------|
| 1 c. stale bread cubes | 1-1 $\frac{1}{2}$ c. hot milk |
| 1 egg, slightly beaten | 1 tsp. flavouring or f.g. nutmeg |
| $\frac{1}{4}$ c. sugar | $\frac{1}{2}$ c. raisins (optional) |
| $\frac{1}{4}$ tsp. salt | 1 tbsp. butter or margarine |

1. Place the bread in a buttered baking dish.
2. Mix egg, sugar, and salt; add hot milk, flavouring or nutmeg, and pour this mixture over the bread.
3. Add the raisins, if used, and dot with butter.
4. Set the dish in a shallow pan of hot water and bake until firm and delicately browned.
5. The pudding is cooked when a knife blade comes out clean.
6. Serve with sauce or cream.

APPLE CRISP

Yield: 6 servings. Temperature: 350°

- | | |
|--------------------------------------|------------------------------|
| 6 apples (sliced) | $\frac{2}{3}$ c. flour |
| f.g. cinnamon | $\frac{1}{2}$ c. brown sugar |
| $\frac{1}{4}$ c. margarine or butter | f.g. salt |

1. Mix flour, brown sugar, salt, cinnamon, and butter until it resembles bread crumbs.
2. Peel and core apples and slice into a greased baking dish.
3. Spread the butter, flour, brown sugar mixture on top.
4. Bake until the fruit is tender and the top is a golden brown.

Dessert Sauces

BROWN SUGAR SAUCE

Yield: 6 servings

- | | |
|------------------------------|----------------------------|
| $\frac{1}{2}$ c. brown sugar | 1 tbsp. butter |
| 2 tbsp. flour | $\frac{1}{2}$ tsp. vanilla |
| 1 c. boiling water | |

1. Mix the sugar and flour thoroughly.
2. Add the boiling water.
3. Cook over direct heat until there is no taste of raw starch, stirring constantly (approximately 10-15 minutes).
4. Remove from the heat, add vanilla and butter.

MOCK MAPLE SYRUP

Yield: 1 cup

$\frac{1}{2}$ c. corn syrup	$\frac{1}{2}$ c. water
$\frac{1}{4}$ c. brown sugar	f.g. salt
1 tbsp. butter	$\frac{1}{2}$ tsp. vanilla

Combine the ingredients and boil 8-10 minutes.

CHOCOLATE SAUCE

Yield: $1\frac{1}{4}$ cups

$\frac{1}{4}$ c. cocoa	$\frac{3}{4}$ c. water
$\frac{3}{4}$ c. sugar	1 tsp. vanilla
$\frac{1}{8}$ tsp. salt	

1. Mix cocoa, sugar, salt and water in saucepan.
2. Boil 3 - 4 minutes.
3. Remove syrup from heat, add vanilla.
4. Store, covered in refrigerator.

LEMON SAUCE

Yield: 6 servings

$\frac{1}{2}$ c. sugar	2 tbsp. butter or margarine
1 tbsp. cornstarch	Juice of $\frac{1}{2}$ lemon
1 c. boiling water	Grated lemon rind

1. Mix the sugar and cornstarch thoroughly.
2. Add the water and lemon rind.
3. Boil 5 mins. stirring constantly.
4. Remove the lemon rind.
5. Add the butter and lemon juice.

CUSTARD SAUCE

Yield: 4 servings

1 egg or 2 egg yolks	1 c. milk
2 tbsp. sugar	$\frac{1}{2}$ tsp. flavouring
f.g. salt	

1. Scald the milk.
2. Beat the egg slightly and add the sugar and salt. Blend well.
3. Add the hot milk slowly, stir well.
4. Return to the top of the double boiler and cook over moderate heat, stirring constantly until the mixture is thick enough to coat a spoon.
5. Add the flavouring and cool.

NOTE—Custard sauce will curdle if it is cooked at too high a temperature for too long a period. If the sauce does curdle place in a pan of cold water and beat with a rotary beater.

Flour Mixtures

LEAVENING AGENTS

Leavening agents make foods rise and become light and fluffy. The three leavening agents are air, steam, and carbon dioxide.

Air is incorporated into food by beating or sifting. During baking the air expands. Omelets and angel cakes are leavened by air.

Steam is produced when the moisture in food is heated. The steam which is produced occupies 1600 times as much space as the liquid, and so the food is leavened, as in popovers, cream puffs, and even slightly in pastry.

Carbon dioxide is produced in three ways:

- (1) by yeast which grows and gives off carbon dioxide.
- (2) by baking soda when it is mixed with an acid food like sour milk or molasses.
- (3) by baking powder which is a mixture of baking soda and a dry acid salt.

Some baking powders produce carbon dioxide very quickly when they are moistened. These are called quick action or single action baking powders. Examples of this kind are Magic, Nabob, and Malkins.

Other baking powders produce carbon dioxide mainly when the mixture is heated. These are called double action baking powders. Examples are Blue Ribbon and Calumet.

BATTERS AND DOUGHS

Flour mixtures, before cooking, may be classified into batters and doughs, the consistency depending upon the proportion of liquid to dry ingredients.

Liquid	Flour	Type of Mixture
1 c.	1 c.	Thin or pour batters—popovers, griddle cakes.
1 c.	2 c.	Thick or drop batters—muffins.
NOTE—A cake mixture comes between a pour and drop batter. A drop cookie mixture comes between a drop batter and soft dough.		
1 c.	3 c.	Soft doughs—Baking Powder biscuits, bread.
1 c.	4 c.-5 c.	Stiff dough—rolled cookies, pastry.

GENERAL ROUTINE FOR BAKING

1. Read recipe and check (a) required ingredients (b) oven temperature (c) baking time.
2. Remove milk, eggs and shortening from refrigerator if baking muffins, cakes or cookies, an hour before mixing.
3. Prepare oven, adjusting racks first.
4. Collect utensils.
5. Prepare pans.
6. Set out remaining ingredients required.
7. Check recipe for method to be used.
8. Measure ingredients.
9. Prepare as directed.
10. Bake as directed—check time.

MUFFIN METHOD

1. Sift the measured dry ingredients together twice.
2. Melt the shortening or use oil.
3. Beat the egg.
4. Combine all liquids (milk, eggs and shortening).
5. Add liquids to dry ingredients all at once.
6. Stir lightly until only moistened.
7. Spoon into oiled tins, $\frac{2}{3}$ full.
8. Bake at the temperature indicated.

Characteristics of good muffins are symmetrical shape, slightly rounded top, no peaks or knobs, a pebbled surface, light texture, golden brown color, no long holes or tunnels.

PLAIN MUFFINS

Yield: 12 medium 400°. 20-25 minutes

2 c. sifted all-purpose flour	1 egg
4 tsp. baking powder	1 c. milk
$\frac{1}{2}$ tsp. salt	4 tbsp. melted fat
4 tbsp. sugar	$\frac{1}{2}$ tsp. vanilla (optional)

Mix according to muffin method, and bake.

Variations:

1. **Orange Muffins**—Substitute $\frac{1}{2}$ c. orange juice for $\frac{1}{2}$ c. milk. Add 1 tsp. grated orange rind.
2. **Fruit or Nut Muffins**—Add $\frac{1}{2}$ c. raisins, currants, dates, or nuts to the sifted dry ingredients.
3. **Cheese Muffins**—Use only 2 tbsp. of sugar, add 1 c. grated cheese to dry ingredients, and use 2 tbsp. shortening.
4. **Whole Wheat Muffins**—Substitute 1 c. of whole wheat for 1 c. of flour. Substitute brown sugar for white—(optional—add $\frac{1}{2}$ c. chopped dates).

BRAN MUFFINS

Yield: 12 medium. 425°. 20-25 minutes

1 cup sifted all-purpose flour	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ tsp. soda	1 tbsp. butter or margarine
2 tsp. baking powder	1 cup sour milk or buttermilk
$\frac{1}{2}$ tsp. salt	1 egg
$1\frac{1}{2}$ cup bran	

Use muffin method—add bran and brown sugar to the sifted dry ingredients and bake.

APPLE MUFFINS

Yield: 12 muffins. 400°. 25-30 minutes

$1\frac{3}{4}$ cup sifted all-purpose flour	1 egg
4 tsp. baking powder	1 cup milk
$\frac{3}{4}$ tsp. salt	$\frac{1}{3}$ cup liquid fat
$\frac{1}{4}$ cup sugar	1 tsp. grated lemon rind
$\frac{1}{4}$ tsp. nutmeg	$\frac{3}{4}$ cup peeled, shredded apples

Use muffin method, adding rind and apples after the liquids have been combined lightly with the dry ingredients.

DATE NUT LOAF

(Muffin Method)

Yield: 1 loaf 5"x9"

350°. 50-60 minutes

- | | |
|--------------------------------|-----------------------|
| 1½ c. sifted all-purpose flour | 1 c. raisins or dates |
| ½ c. Graham flour | ½ c. nuts |
| 1 tsp. baking soda | 1 egg |
| f.g. salt | 1 c. sour milk |
| 1 c. brown sugar | 2 tbsp. fat |

GINGERBREAD

(Muffin Method)

8"x8" pan

350°. 20-25 minutes

- | | |
|----------------------|--------------------|
| 1½ c. bread flour or | ½ c. brown sugar |
| 1¾ c. pastry flour | 2 eggs |
| ¾ tsp. soda | ½ c. molasses |
| ⅛ tsp. salt | ½ c. boiling water |
| 1½ tsp. ginger | ¼ c. fat |

1. Mix and sift dry ingredients.
2. Add boiling water to molasses.
3. Add beaten eggs and melted shortening.
4. Combine this with flour mixture.
5. Pour into greased pan and bake.

ORANGE BREAD

(Muffin Method)

Yield: 1 loaf 8"x4"x3½"

350°. 50-60 minutes

- | | |
|--------------------------------|-------------------------|
| 1½ c. sifted all-purpose flour | ¾ c. orange juice |
| 2 tsp. baking powder | 2 tbsp. butter (melted) |
| ¾ c. sugar | 1 egg beaten |
| ¼ tsp. salt | ½ c. raisins |
| 2 tsp. orange rind | |

1. Wash and dry raisins if necessary.
2. Grate the orange rind, and squeeze and measure the juice.
3. Sift first four dry ingredients together twice.
4. Add the raisins.
5. Combine the liquid ingredients and the grated orange rind.
6. Add the liquid ingredients to the dry ingredients stirring only until moistened.
7. Turn into greased pan and bake.
8. Cool 24 hours before slicing.

POPOVERS

Yield: 6-8 medium

Temperature: 450°—20 minutes and 375°—15 minutes

- | | |
|--------------------------------|-------------------|
| 1 cup sifted all-purpose flour | ½ tsp. liquid fat |
| ¼ teaspoon salt | 1 c. milk |
| 2 eggs | |

Preparation of pans:

1. Grease 6-8 muffin tins or custard cups. Preheat in oven just before using.

Popover method:

1. Mix by muffin method but beat two minutes with rotary beater.
2. Fill prepared tins $\frac{1}{2}$ - $\frac{2}{3}$ full. Bake at 450° for 20 minutes. Reduce heat to 375° and leave about 15 minutes.
3. Serve immediately.

GRIDDLE CAKES

Yield: 6-8 medium

- | | |
|--------------------------------------|---------------------------|
| 1 $\frac{2}{3}$ c. all-purpose flour | 1 $\frac{1}{2}$ c. milk |
| 3 tsp. baking powder | 1 egg |
| $\frac{1}{2}$ tsp. salt | 3 tbsp. melted shortening |
| 2 tbsp. sugar | |

Mix according to muffin method, and drop by spoonfuls on heated griddle or frying pan.

BISCUIT METHOD

1. Sift the measured dry ingredients together twice.
2. Cut the chilled shortening finely into the dry ingredients.
3. Add the liquid gradually—stirring only until soft dough forms a ball.
4. Turn dough onto a lightly floured board and toss till sparingly coated with flour.
5. Knead lightly for a few seconds.
6. Pat or roll out $\frac{1}{2}$ - $\frac{3}{4}$ inch in thickness.
7. Cut with floured biscuit cutter or cut desired shape.
8. Place on prepared pan.
9. Bake 450°—12-15 minutes.

Characteristics of good baking powder biscuits: Symmetrical shape, straight sides and level tops; very light, fairly smooth and golden brown.

BAKING POWDER BISCUITS

Yield: 12 medium

450°

- | | |
|-------------------------------|------------------------------------------------|
| 2 c. sifted all-purpose flour | 4 tbsp. shortening |
| 4 tsp. baking powder | $\frac{2}{3}$ - $\frac{3}{4}$ c. milk or water |
| $\frac{1}{2}$ tsp. salt | |

Variations

1. **Cheese Biscuits**
 $\frac{1}{2}$ c. grated cheese
Add cheese to sifted flour mixture in the basic recipe.
2. **Orange Biscuits**
sugar cubes
orange juice
Dip sugar cubes into orange juice, then press into top of each biscuit.
3. **Marmalade**
Spoon 1 tsp. orange marmalade on top of each biscuit.
Bake at 375° F. for 25 to 35 minutes.

4. Streusel

$\frac{1}{4}$ c. butter or margarine

$\frac{1}{2}$ c. sugar

$\frac{1}{2}$ c. flour

Mix above ingredients together until crumbly. Spoon 1 T. over each biscuit before baking.

5. Butterscotch 400°. 10-15 minutes.

Roll $\frac{1}{4}$ " thick rectangle—spread on a mixture of 5 T. butter and $\frac{2}{3}$ c. sugar

Roll up like jelly roll, cut $\frac{3}{4}$ " thick—place in buttered muffin rings.

6. Drop Biscuits

Use basic recipe but add enough liquid to make a stiff drop batter. Drop by small spoonfuls on greased pan. Bake, serve hot.

Cakes

There are three general types of cakes

1) butter cakes

3) chiffon cakes

2) sponge cakes

A standard cake has

a) a symmetrical shape with a slightly rounded top

c) a soft golden brown crust

d) a tender moist crumbly texture

b) a light texture

e) small evenly distributed holes

Test to show that cake is done:

1. It is nicely browned.

2. It shrinks from sides of pan.

3. When pressed with finger it springs back.

4. When a toothpick or knitting needle is placed in the centre, it comes out dry.

STANDARD BUTTER CAKE METHOD

1. Cream shortening.

2. Add the sugar gradually and continue creaming until light and fluffy.

3. Add eggs and vanilla to the creamed mixture and beat well.

4. Sift together flour, baking powder and salt, 3 times.

5. Add dry ingredients alternately with milk to the creamed mixture stirring after each addition until the batter is smooth.

6. Pour into greased layer pan, or paper lined muffin tins and bake.

WHITE CAKE

(Standard Method)

375° F. 1 layer or 6 2" cupcakes

25-30 minutes; 20-30 minutes

$\frac{1}{4}$ c. soft shortening

1 c. sifted cake flour

$\frac{1}{2}$ c. sugar

$1\frac{1}{2}$ tsp. baking powder

1 egg

$\frac{1}{4}$ tsp. salt

$\frac{1}{2}$ tsp. vanilla extract

$\frac{3}{8}$ c. milk

DUTCH APPLE CAKE

375° F. 8" square pan. 25 minutes

Use ingredients and method for white cake and add:

- | | |
|---------------------|-----------------|
| 1 apple | 1 tsp. cinnamon |
| 1 tbsp. white sugar | |

1. Make white cake using standard method.
2. Pour into greased paper-lined pan.
3. Peel and core apple and cut into sections.
4. Place in rows on the batter, pressing the sharp edges in slightly.
5. Sprinkle with sugar and cinnamon and bake.
6. Serve hot cut into squares with lemon sauce or whipped cream.

Variation: Streusel

Mix ingredients and sprinkle on the cake before baking.

- | | |
|-------------------|-------------------------------|
| ½ cup brown sugar | 2 tbsp. melted butter |
| 2 tbsp. flour | ½ cup chopped nuts (optional) |
| 2 tsp. cinnamon | |

SPICE CAKE

Follow white cake recipe and standard method of mixing, but add ½ tsp. cinnamon, ½ tsp. nutmeg, ¼ tsp. cloves to the sifted flour.

UPSIDE DOWN CAKE

350°. 50 minutes. 8" square pan

- | | |
|----------------------------------------|---------------------------------|
| ⅓ c. butter or margarine | 1 egg unbeaten |
| ⅓ c. brown sugar | 1 ¼ c. sifted all-purpose flour |
| ½ tin crushed pineapple or other fruit | ½ tsp. salt |
| ⅓ c. soft shortening | 1 ½ tsp. baking powder |
| ¼ c. sugar | ½ cup juice |
| | 1 tsp. vanilla |

1. Prepare pan, melt the butter and brush the sides of the pan.
2. Sprinkle the bottom of the pan with brown sugar and arrange fruit on the bottom of the pan.
3. Mix the remaining ingredients, using the standard cake method, the juice taking the place of milk.
4. Pour cake batter over the fruit in the pan and bake.
5. Serve upside down.

CHOCOLATE CAKE

Oven Temperature: 375° F.

- | | |
|---------------------------|------------------------|
| 1 cup sifted cake flour | ¼ cup cocoa |
| ¾ cup sugar | few grains salt |
| ¼ cup butter or margarine | ¾ tsp. cream of tartar |
| ¼ cup milk | ½ tsp. baking soda |
| 1 egg | ⅔ cup boiling water |
| ½ tsp. vanilla | |

1. Cream fat and sugar.
2. Add egg and beat well.
3. Sift flour, cocoa, salt and cream of tartar.
4. Add alternately with milk and vanilla to creamed mixture.
5. Beat 3 min. with rotary beater or electric mixer.
6. Dissolve baking soda in boiling water. Add to creamed mixture.
7. Pour into greased 8 inch pan and bake 25 to 30 minutes.

5. Add chopped nuts to flour mixture.
6. Add dry ingredients alternately with date mixture to sugar and butter mixture.
7. Bake 35 minutes.

Cookies And Small Cakes

Testing Cookies—It is advisable when making drop cookies, to make a test cookie or two before baking a whole panful. Sometimes, there is a surprise in the way that cookies act in the oven.

Storing Cookies—Cool cookies completely on a wire rack, before storing them. Most cookies keep best in a covered jar or tin.

TYPES OF COOKIES

Drop Cookies—Drop Cookies are little cakes made from batters and soft doughs. The mixture is dropped by small spoonfuls onto a prepared sheet. (The usual method being to cut out a spoonful of the soft dough and scraping it off with a rubber scraper or another spoon.)

These are the quickest and easiest type of cookie to make. For such drop cookies as hermits, rock cakes, etc., the dough should be stiff enough to hold shape during the baking, and the cookies may be placed about one inch apart on cookie sheet. Softer batters on the other hand should be placed 2 to 3 inches apart so that they will not run together. "Pressed" and "Forked" cookies are just variations of the mounded drop cookies. When the mound has been placed on the cookie pan, each mound is flattened down by either pressing with a lightly floured glass with a design in the bottom, or by pressing the mound with the lightly floured tines of a fork.

Rolled Cookies—In this type of cookie, the dough, chilled if time permits (so that extra flour will not be rolled in, to cut the cookies' richness) is rolled out into a thin sheet, and cut into shapes with floured cookie-cutters. Use as little flour as possible in the rolling process, and never roll out the whole of the dough at once.

Refrigerator cookies—The dough is molded into a roll, wrapped in wax paper, and chilled in the refrigerator at least overnight, then slice the dough thinly before baking. This method besides being quicker and easier than rolling, prevents the rolling in of extra flour, and it also enables you to store the dough in the refrigerator, and have fresh-baked cookies in a very short time.

Finger Cookies—Brownies, Chinese Chews, etc., are baked in a shallow pan and cut into fingers before turning out. Some of these cakelets are rolled in fine sugar after being baked and cut.

CORNFLAKE MACAROONS

Oven Temperature: 300°. 20 minutes

2-3 egg whites	2 c. cornflakes
$\frac{2}{3}$ to 1 c. sugar	1 c. cocoanut

1. Beat egg whites until stiff.
2. Add the sugar gradually, and fold in the cornflakes and the cocoanut, and bake as drop cookies.

MELTAWAY COOKIES

Yield: 5 dozen

Oven Temperature: 400° F.

- | | |
|----------------------------------|-------------------------|
| 1 c. soft margarine | 2¼ c. sifted cake flour |
| ½ c. sifted confectioner's sugar | ¼ tsp. salt |
| 1 tsp. vanilla | |

1. Mix margarine, sugar and vanilla well.
2. Stir in sifted flour and salt.
3. Drop with teaspoon on ungreased baking sheet. (Cookies will not spread.)
4. Bake 8 minutes until set but not brown.
5. While warm sprinkle with confectioner's sugar.

OATMEAL COOKIES

Yield: 5 dozen

Oven Temperature: 350° F.

- | | |
|------------------|-------------------------------|
| ½ c. shortening | ¼ tsp. vanilla |
| ½ c. butter | 1 c. sifted all-purpose flour |
| 1 c. brown sugar | 1 tsp. baking soda |
| 1 egg | 2½ c. oatmeal |

1. Cream butter and shortening.
2. Add sugar, egg and vanilla, beat until light.
3. Stir in flour, baking soda and rolled oats.
4. This dough can be chilled in rolls, sliced and baked or rolled in balls and pressed with a fork.
5. These cookies can be used as is or filled with a date filling.

HERMITS

Yield: 4½ dozen cookies

Oven Temperature: 350°. 15-18 minutes

- | | |
|-----------------------|-----------------------------|
| 1 c. seedless raisins | ⅓ tsp. allspice |
| 1 c. dates | ⅓ tsp. nutmeg |
| 1 c. chopped nuts | 4 tbsp. butter or margarine |
| 2¼ c. pastry flour | 4 tbsp. shortening |
| 1 tsp. baking soda | 1 c. brown sugar |
| ½ tsp. salt | 2 eggs |
| ½ tsp. cinnamon | ½ tsp. vanilla |

1. Sift flour, measure, sift flour, salt, baking soda and the spices.
2. Cream butter and shortening and add sugar gradually, cream.
3. Beat eggs, and add to the shortening and sugar mixture.
4. Add dry ingredients and nuts and fruit.
5. Drop from spoon onto greased baking sheet, 1 inch apart, and bake.

PEANUT BUTTER COOKIES

Yield: 48

Oven Temperature: 375° F. 15-18 minutes

- | | |
|-------------------------|--------------------|
| 3 c. all-purpose flour | 1 c. brown sugar |
| 2 tsp. baking soda | 2 eggs |
| $\frac{1}{4}$ tsp. salt | 1 c. peanut butter |
| 1 c. shortening | 1 tsp. vanilla |
| 1 c. white sugar | |

1. Sift flour, measure, then sift with soda and salt.
2. Cream shortening, add both sugars, cream again.
3. Add eggs, and beat until fluffy.
4. Add peanut butter and beat.
5. Add flour mixture and vanilla.
6. Form dough into small balls. Place on greased baking sheet. Press with floured fork, and bake.

CHOCOLATE CHIP COOKIES Drop Cookies

Yield: 48

Oven Temperature: 375°. 10-12 minutes

- | | |
|------------------------------|--------------------------------------|
| $\frac{1}{2}$ c. shortening | $\frac{1}{2}$ tsp. cloves |
| $\frac{1}{2}$ c. brown sugar | $\frac{1}{2}$ tsp. cinnamon |
| 1 egg | $\frac{1}{2}$ c. rolled oats |
| $\frac{1}{2}$ tsp. soda | $\frac{1}{2}$ c. walnuts or cocoanut |
| 2 tbsp. sour milk or cream | 2-3 oz. chocolate chips |
| 1 c. all-purpose flour | |

1. Melt the butter or shortening, and add the other ingredients in the order given.
2. The chocolate is stirred into the mixture last.
3. The spices may be omitted and 1 tsp. of vanilla used.
4. Drop by spoonfuls on a greased baking sheet, and bake.

SUGAR COOKIES

Yield: 48

Oven Temperature: 375°. 10-12 minutes

- | | |
|-----------------------------|------------------------------|
| 2 c. all-purpose flour | $\frac{2}{3}$ c. white sugar |
| $\frac{1}{2}$ tsp. salt | 2 eggs |
| 2 tsp. baking powder | 1 tsp. vanilla |
| $\frac{2}{3}$ c. shortening | |

1. Sift flour, measure, then sift with salt and baking powder.
2. Cream shortening and sugar together.
3. Add unbeaten eggs, one at a time, and beat.
4. Add dry ingredients and the vanilla. Roll (chill first), and cut with a cookie-cutter, or form into small balls, and press down with a lightly-floured glass.
5. Place on a greased cookie sheet, and bake.

SLICES OR STRIP CAKES

Oven Temperature: 325° - 350° first

300° after filling is put on

- | | |
|------------------------|---------------------|
| 1 c. all-purpose flour | 6 tbsp. brown sugar |
| 6 tbsp. butter | |

1. Rub together and spread in pan $\frac{1}{8}$ inch thick.
2. Bake until slightly brown.
3. Then add one of the following fillings, and cook until done at 300° for 20 to 30 minutes.
4. Cut in strips when cold.

A. Filling One. Walnut Slice

- | | |
|------------------------------|----------------------------------|
| 1 egg | $\frac{1}{2}$ c. walnuts |
| $\frac{1}{2}$ c. brown sugar | 1 tbsp. flour |
| $\frac{1}{4}$ c. cocoanut | $\frac{1}{4}$ tsp. baking powder |

Ice with orange butter icing if desired when cold.

Orange Butter Icing

- | | |
|-------------------------------------------|---------------------|
| 1-1 $\frac{1}{2}$ c. confectioner's sugar | 1-2 T. orange juice |
| $\frac{1}{3}$ c. butter | |

1. Cream butter, add sugar gradually, add flavoring. Sprinkle grated orange rind after it has been spread on the filling.

B. Filling Two. Honey Nut

- | | |
|------------------------------|----------------------------|
| $\frac{1}{2}$ c. honey | 1 c. cocoanut |
| $\frac{1}{2}$ c. brown sugar | 1 c. chopped nuts |
| 2 egg whites | few grains salt |
| 2 tbsp. flour | $\frac{1}{4}$ tsp. vanilla |

1. Beat egg whites until stiff.
2. Add honey and sugar and continue beating.
3. Fold in the remaining ingredients, and place on the cake.

BROWNIES

Yield: 8x8x2

Oven Temperature: 325°. 25 minutes

- | | |
|----------------------------------|----------------------------------------------|
| $\frac{3}{4}$ c. brown sugar | 1 $\frac{1}{2}$ -2 squares chocolate, melted |
| $\frac{1}{4}$ c. melted butter | $\frac{1}{2}$ tsp. vanilla |
| 1 egg beaten | $\frac{1}{2}$ c. all-purpose flour |
| $\frac{1}{2}$ c. chopped walnuts | $\frac{1}{4}$ tsp. soda |

1. Sift flour, measure, add baking soda and sift again.
2. Mix ingredients in order given.
3. Spread evenly on pan lined with wax paper and bake.
4. Remove from pan and cut into strips while hot.

BUTTERSCOTCH FINGERS

Yield: 8x8x2

Oven Temperature: 325°. 25 minutes

- | | |
|---------------------------------|----------------------|
| ½ c. melted butter or margarine | 1 tsp. baking powder |
| 1 c. brown sugar | 1 tsp. vanilla |
| 1 egg | ¼ c. chopped nuts |
| 1 c. all-purpose flour | ¼ c. dates |

1. Sift flour, measure, add baking powder and sift again.
2. Mix ingredients in the order given.
3. Spread evenly on pan lined with wax paper and bake.
4. Remove from pan and cut in strips while hot.

MATRIMONIAL CAKE

Yield: 9x9 pan

Oven Temperature: 350°. 20 to 30 minutes

Filling

- | | |
|--------------------|---------------------|
| 1 c. chopped dates | 2 tbsp. brown sugar |
| ½ c. boiling water | 1 tsp. lemon juice |

Crumb Mixture

- | | |
|------------------------|--------------------|
| 1 c. all-purpose flour | ⅛ tsp. salt |
| 1 c. rolled oats | ½ c. margarine |
| ½ c. brown sugar | ½ tsp. baking soda |

1. Cook dates, water, and brown sugar until soft. Cool, and add lemon juice.
2. Cream butter, sugar and add the vanilla.
3. Add rest of the ingredients, rubbing together to form a crumb mixture.
4. Press half of mixture into a greased pan, spread with the date paste, and sprinkle the remaining crumbs over the top and bake.
5. When cool, cut in squares or strips.

ICE BOX COOKIES

Yield: 10 to 12 dozen

Oven Temperature: 375°

- | | |
|--------------------------|------------------|
| 3½ c. all-purpose flour | ½ c. brown sugar |
| 1 tsp. baking soda | 1 c. white sugar |
| ½ tsp. baking powder | 2 eggs |
| ½ tsp. salt | 1 tsp. vanilla |
| 1 c. butter or margarine | |

1. Cream butter, add sugar and beaten eggs, and cream thoroughly.
2. Add sifted flour, soda, baking powder, and salt, then flavouring.
3. Mix well.
4. Roll in wax paper and chill thoroughly.
5. Slice with a sharp knife.
6. Bake 10 minutes on a greased sheet at 375°.

Pastry

The characteristics of good pastry are:

- a) golden brown crust
- b) flaky, light and tender crust
- c) pleasant, somewhat short flavour

Rules for making pastry:

- a) have all the ingredients cold.
- b) cut fat into the size of rice grains; if fat pieces are too small the pastry will not be flaky.
- c) use only enough water to mix ingredients so that the flour and fat stick together.
- d) handle the dough as little as possible in order to prevent over-development of the gluten thus resulting in tough pastry.
- e) roll the dough away from the centre. Do not stretch the pastry.
- f) pastry may be rolled on a lightly floured board on a pastry cloth or between 2 sheets of wax paper.
- g) bake pastry at a high temperature. 450° F. for 10 to 12 min.

FLAKY PASTRY

450° F.

6 tart shells or 1 6-inch pie

1 c. sifted all-purpose flour	1/3 tsp. salt
1/3 c. fat	2 tbsp. ice water

1. Sift flour and measure, add salt and sift again.
2. Cut in fat using pastry blender or two knives until the mixture looks like fine meal.
3. Add the water 1 tbsp. at a time mixing lightly with a fork until mixture is moistened.
4. Gather the dough together and press gently into a smooth ball.
5. Roll dough and cut for tart shells or fit into pie plate.

HOT WATER PASTRY

450° F.

12 tart shells

1/2 c. shortening	1/4 tsp. baking powder
1/4 c. boiling water	3/4 tsp. salt
1 1/2 c. sifted all-purpose flour	

1. Sift and measure flour.
2. Add the baking powder, salt and sift together twice.
3. Chop the shortening.
4. Add boiling water and stir until well mixed.
5. Add flour mixture and combine thoroughly.
6. Chill before rolling.
7. Roll dough and cut for tart shells or fit into pie plate.

BUTTER TARTS

6 to 8 tarts

400° — 12-15 minutes

- | | |
|---------------------------------------------|------------------------------------------------|
| 1 egg | $\frac{1}{2}$ t. vanilla |
| $\frac{1}{2}$ c. brown sugar | $\frac{1}{4}$ t. lemon flavouring (if desired) |
| $\frac{1}{2}$ c. washed raisins or currants | $\frac{1}{8}$ t. salt |
| 1 T. butter | |

1. Beat egg, gradually add brown sugar and salt, vanilla and lemon.
2. Beat until full of bubbles.
3. Fold in the raisins and melted butter.
4. Drop mixture from a teaspoon into pastry-lined tart shell.
5. Bake until filling is set and the pastry is nicely browned.

GLAZED FRUIT TARTS

- | | |
|------------------------------|--------------------|
| $\frac{1}{2}$ c. apple jelly | 1 c. drained fruit |
| 1 tbsp. water | |

1. Heat $\frac{1}{2}$ c. apple jelly and the water until it melts.
2. Cool.
3. Fill cold cooked tart shells with strawberry, raspberry or peach.
4. Spoon melted jelly over fruit.

APPLE PIE

2 small pies

450°—15 minutes; 350°—35 minutes

- | | |
|----------------------------------|---------------------------|
| 1 $\frac{3}{4}$ c. sliced apples | $\frac{1}{4}$ t. cinnamon |
| $\frac{1}{2}$ c. white sugar | $\frac{1}{2}$ T. butter |
| 1 T. all-purpose flour | |

1. Combine all ingredients except butter. Let stand until pastry is ready.
2. Put apple mixture into pastry-lined pie plate.
3. Dot with butter.
4. Cover with rolled dough and bake.

LEMON MERINGUE PIE

2 small pies or 1 8" pie

- | | |
|----------------------------------|-------------------------------|
| 4 T. cornstarch | $\frac{1}{4}$ c. lemon juice |
| $\frac{1}{4}$ c. cold water | 1 T. grated lemon rind |
| 1 $\frac{1}{4}$ c. boiling water | 2 eggs separated |
| 1 $\frac{1}{4}$ c. sugar | 2 T. butter |
| $\frac{1}{2}$ t. salt | 2 small pastry-lined pie tins |

1. Combine cornstarch and salt and sugar.
2. Make a paste with $\frac{1}{4}$ c. cold water.
3. Add boiling water.
4. Cook over direct heat, stirring constantly until thickened.
5. Cook over boiling water until clear (about 10 min.).
6. Beat egg yolks.
7. Stir the cooked mixture gradually into beaten egg yolks.
8. Return to double boiler and cook 3 min. longer.
9. Add lemon juice, rind and butter and cool.
10. Turn into baked pie shells and top with meringue.

MERINGUE TOPPING

300° F.

1 8" pie or 2 small pies

2 egg whites
f.g. salt

4 T. sugar
f.d. vanilla

1. Add salt to egg whites and beat until just stiff not dry.
2. Gradually beat in sugar and vanilla, beating after each addition until mixture stands in peaks.
3. Swivel meringue on top of pie, sealing meringue to pie crust to prevent shrinkage.
4. Bake in slow oven until set and delicately browned.

Party Suggestions

PUNCHES

CRANBERRY PUNCH

Yield: serves 30

2½ c. sugar

½ c. lemon juice

4½ c. boiling water

2 quarts carbonated water

3 c. cranberry sauce

5-lb. block of ice or ice cubes

1. Make a syrup of the sugar and the hot water by cooking together until the sugar is thoroughly dissolved.
2. Add the cranberry sauce and stir until smooth. Put through a fine sieve and chill. Add lemon juice.
3. When ready to serve, place the block of ice in the punch bowl. Pour the cranberry mixture over it, add carbonated water.

PINK RHUBARB PUNCH

Yield: serves 30

6 c. boiling water

3½ c. grapefruit juice

2 lb. red rhubarb

¼ c. lemon juice

2½ c. sugar

1 qt. ginger ale

1. Heat water to boiling.
2. Wash and cut (do not peel) rhubarb and cook to a mush in the water.
3. Press through sieve, collecting juice in a large pot or bowl.
4. Add sugar and stir until dissolved.
5. Chill. Add grapefruit juice and lemon juice.
6. Just before serving add 1 qt. ginger ale.

PARTY SANDWICHES

For rolled sandwiches use fresh bread; for other sandwiches use one day old bread.

Sandwiches may be made with or without the crust; for formal occasions remove the crusts with a sharp knife before bread is buttered.

If bread is too fresh to slice easily, place it in the refrigerator for 20 min. The cold air hardens the bread.

Soften the butter by leaving in room temperature before using. Beat it until soft and fluffy.

Sandwiches may be prepared in advance, wrapped in waxed paper, then in dampened towel and placed in the refrigerator.

The appearance and appeal of a tray or plate of sandwiches is improved by garnishes. Suitable garnishes: curled celery, radish roses, cress, sprigs of parsley, gherkins or other sweet pickles.

RIBBON SANDWICHES

1. Cut one $\frac{3}{4}$ slice of white bread and two slices of brown.
2. Spread brown slices with butter and contrasting fillings.
3. Place together with white slices in between the brown.
4. Let stand, wrapped, in refrigerator one hour before slicing into thin strips.

INDIVIDUAL ROLLED SANDWICHES

1. Remove crusts from bread and slice thinly.
2. Each slice may be cut in half lengthwise.
3. Spread with salad dressing or butter, then with filling.
4. Roll up like a jelly roll.
5. Wrap in waxed paper and chill until set before toasting or serving plain.

PINWHEEL SANDWICHES

1. Cut the crust from the top of a fresh loaf.
2. Slice loaf lengthwise into $\frac{1}{8}$ inch slices.
3. Remove the crusts.
4. Spread filling on slices.
5. Starting at the end, roll up like a jelly roll.
6. Wrap in wax paper and chill.
7. Cut in $\frac{1}{8}$ inch slices.

Note: stuffed olives, maraschino cherries, dill pickles, a peeled banana may be placed across before rolling is started.

OLIVE ROUNDS

1. With a medium sized cookie cutter, cut a circle from a brown and white slice. With a thimble cut a hole from centre of white circle.
2. Butter and spread brown circle with filling.
3. Place white on top and fill thimble hole with a slice of olive.

ORANGE SANDWICHES

1. Cut rounds of fresh bread with cookie cutter.
2. Spread with cream cheese.
3. Cover with thin slice of orange.

CHEESE DREAMS

1 egg	$\frac{1}{3}$ c. grated cheese
$\frac{1}{2}$ tsp. mustard	$\frac{1}{4}$ tsp. paprika
f.g. salt	bread cut in $1\frac{1}{2}$ inch cubes

1. Beat egg slightly; add remaining ingredients.
2. Dip bread cubes in the mixture.
3. Place on a greased baking sheet.
4. Brown in a hot oven; serve immediately.

SANDWICH FILLINGS

Ham: Ham may be minced, and finely chopped pickles added with enough salad dressing to moisten.

Cheese: Use a cheese spread or grated old cheese. Add chopped nuts or olives or finely chopped celery, and moisten with dressing.

Dates: Chop dates finely and moisten with cream or salad dressing. Nuts, raisins or preserved ginger may be chopped and added.

Peanut Butter: Mix in equal quantities with cream cheese or salad dressing. Orange rind or orange juice may be added.

Egg: Chop hard-cooked egg finely, season with pepper and salt. Moisten with salad dressing.

Cream Cheese: Place cream cheese in a bowl and beat. Blend in any of the following:

anchovy paste
chopped nuts
chopped dates

crushed drained pineapple
chopped sweet pickles
chopped olives

GELATINE PARTY DESSERTS (low calorie)

PINEAPPLE CHIFFON CAKE

Yield: 10 servings

1 envelope unflavored gelatine	3 eggs
$\frac{1}{4}$ c. sugar	1 T. lemon juice
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ c. ice-cold water
$1\frac{1}{4}$ c. crushed canned pineapple and syrup	$\frac{1}{2}$ c. non-fat dry milk solids
	6-9 large thin chocolate cookies

1. Mix together in top of double boiler gelatine, sugar and salt.
2. Beat egg yolks slightly, stir in pineapple and syrup. Add to gelatine mixture; cook over boiling water, stirring constantly until gelatine is dissolved, about 8 min.
3. Remove from heat; add lemon juice. Chill to unbeaten egg white consistency.
4. Beat egg whites until stiff. Fold in gelatine mixture.
5. Beat ice water and milk powder together with a rotary beater until stiff and mixture stands in peaks. (Take 10 min. by hand.) Fold into gelatine mixture.
6. Spoon one-fourth of mixture into 9"x5" loaf pan; top with 2 or 3 cookies; repeat twice and finish with a layer of the chiffon mixture. Chill until firm.
7. Approximately 114 calories per serving.

NO-BAKE CHEESE CAKE

Yield: 10-12 servings

2 envelopes unflavored gelatine	3 c. creamed cottage cheese
6 T. sugar	1 T. lemon juice
$\frac{1}{4}$ tsp. salt	1 tsp. vanilla
3 eggs	6 T. sugar
$1\frac{1}{2}$ c. skim milk	$\frac{1}{3}$ c. Graham cracker crumbs
1 tsp. grated lemon rind	

1. Mix together gelatine, 6 T. sugar, and salt in top of double boiler.
2. Beat together egg yolks and milk; add to gelatine mixture. Place over boiling water and cook, stirring constantly until gelatine is dissolved and mixture thickens slightly (6 min.).
3. Remove from heat. Stir in lemon rind. Chill to unbeaten egg white consistency.
4. While mixture is chilling beat cottage cheese on high speed of electric mixer 3 min. or press cheese through sieve.
5. Stir in lemon juice and vanilla. Fold in gelatine mixture.
6. Beat egg whites until stiff, but not dry. Gradually add 6 T. sugar, and beat until very stiff. Fold into gelatine mixture.
7. Turn into an 8-inch spring form pan; sprinkle top with crumbs.
8. Chill until firm.
9. Approximately 125 calories per serving.

HOW TO ESTIMATE FOR A TEA

Commercial caterers use these rules:

1. If it is a large tea where you are not sure of the number of guests, allow 3 sandwiches and 2 dainties per invited guest.
2. If it is a smaller tea, allow 3 sandwiches and 3 dainties per person.
3. If it is a tea in your own home, allow 4 sandwiches and 3 dainties per person.

Quantities for fifty

Bread for sandwiches	4 loaves of 32 oz. each.
Butter	$1\frac{1}{2}$ lbs., well creamed.
Coffee	1 lb.
Cube Sugar	1 lb., allowing 2 cubes per cup.
Cream	$1\frac{1}{2}$ quarts, allowing 2 tbsp. per cup.
Olives	2 quarts, allowing 2 per person.
Tea	$\frac{1}{4}$ lb.

AFTER-THE-GAME SNACKS

WIENER WINKS

Yield: 8

- | | |
|--------------------------------|-----------------------|
| 8 frankfurters | 3 T. chopped onion |
| 8 slices sandwich bread | 3 T. prepared mustard |
| $\frac{1}{2}$ c. grated cheese | toothpicks |
| butter | 8 stuffed olives |

1. Cover frankfurters with boiling water; let stand 8 min. Drain.
2. Butter bread (crusts removed if desired).
3. Combine chopped onion and mustard.
4. Dip buttered side of bread in grated cheese and spread onion-mustard mixture on unbuttered side. Place a frankfurter diagonally across each slice on onion-mustard side.
5. Fasten 2 opposite corners of slice with toothpick.
6. Place bread side down on broiler pan 3 inches from heat. Broil 2-3 minutes on each side to toast.
7. Perch stuffed olives on toothpicks.

Candy

CHOCOLATE FUDGE

- | | |
|-----------------------------|-----------------------------|
| 1 c. granulated sugar | 2 oz. unsweetened chocolate |
| 1 c. brown sugar | $\frac{1}{8}$ tsp. salt |
| $\frac{1}{4}$ c. corn syrup | 4 tbsp. butter |
| $\frac{1}{2}$ c. milk | |

1. Combine sugar, syrup, milk, chocolate and salt in a deep pan and heat.
2. Stir occasionally until sugar melts.
3. Boil gently until the "soft ball" stage (234° F.) is reached.
4. Add butter and boil one minute longer.
5. Let stand until almost lukewarm then heat until smooth and creamy.
6. Spread in buttered pan, cut when firm.

MARSHMALLOWS

Yield: 9x12 pan

- | | |
|-----------------------------|------------------------|
| 2 tbsp. gelatine | $\frac{3}{4}$ c. water |
| $\frac{1}{2}$ c. cold water | pinch salt |
| 2 c. white sugar | 1 tsp. vanilla |

1. Soak gelatine in $\frac{1}{2}$ c. cold water.
2. Heat sugar in $\frac{3}{4}$ c. water until dissolved.
3. Add gelatine to syrup and bring to boil.
4. Take off stove, let stand until partially cool. (To cool rapidly, put saucepan in cold water.)
5. Add salt and flavoring.
6. Beat with rotary beater or electric mixer, until stiff.
7. Dust pan with icing sugar and pour in $\frac{1}{2}$ inch deep.
8. When set, cut into squares with a knife dipped into cold water, and roll in toasted cocoanut or crushed cornflakes.

PEANUT BRITTLE

1 c. sugar
 $\frac{1}{2}$ tsp. soda

1 10c bag salted peanuts or
 $1\frac{1}{2}$ c. unshelled peanuts

1. Mix nuts and soda.
2. Melt sugar in frying-pan; stir constantly and do not allow to darken.
3. Take off heat, stir in nuts and soda.
4. Pour on greased pan, spreading fairly thinly.
5. Cool and break into pieces when hardened.

Preservation Of Food

Preservation of food is the process of preventing spoilage which is caused by the presence of enzymes and micro-organisms. These micro-organisms are moulds, yeasts and bacteria. To live and multiply, these spoilage agents need warmth, moisture and oxygen or air. Their growth can be controlled by:-

1. applying a low temperature (refrigeration and freezing)
2. applying a high temperature (canning)
3. drying (dried fruit or dehydrated foods)
4. excluding air (packing in sand, water glass also canning)
5. adding preservatives, such as sugar, salt, vinegar (jelly-making, smoking, pickling).

Enzymes

Enzymes are chemical substances which bring about the normal ripening of fruits and vegetables. If not checked they cause spoilage, but are readily destroyed by heat during processing and therefore do not usually cause trouble. If fruit is under-processed, they may not be destroyed and there may be a darkening of the product. This type of spoilage is not harmful and the fruit may be used if the darkening is detected soon enough.

Moulds

Since moulds and their spores are readily destroyed by moist heat, this type of spoilage will not occur so long as the product has been sufficiently processed and remains sealed. A very light growth of mould may be removed from the surface, and the contents of the sealer brought to boiling point and used immediately.

Yeasts

The formation of gas (bubbling) results from yeast fermentation and makes this type of spoilage easily recognized. Since yeasts are readily destroyed by heat, fermentation will not occur if the product is sufficiently processed and the sealers are airtight. Yeast fermentation is not harmful, but imparts a distinct flavor to food. When slight fermentation occurs, boiling the canned fruit with a small amount of additional sugar generally restores the original flavor.

Bacteria

In some cases, bacteria spoilage is readily detected by odor, gas, or cloudiness of the liquid, but in other cases it is not detectable. Some bacteria, such as those causing botulism, produce spores which are extremely difficult to kill at boiling temperatures unless the food is sufficiently acid, as in the case of fruits and tomatoes. It is therefore recommended that ALL NON-ACID FOODS, that is VEGETABLES (other than tomatoes) and MEATS SHOULD BE PROCESSED IN A PRESSURE COOKER.

If a pressure cooker is not available and the boiling water bath is used, strict attention must be paid to all steps in canning and the full processing time must be given.

(a) Flat Sour

This is the most common type of bacterial spoilage. The food develops an objectionable sour taste or rancid odor and should be discarded. The liquid is usually cloudy. It is most often found in peas, beans, corn and tomatoes.

(b) Botulism

Bacteria which cause botulism are mostly found in the soil and are present on the outer skins of many vegetables. If vegetables are allowed to stand several hours after gathering, it is much more difficult to destroy the bacteria. The spores, when not destroyed in the canning process, produce an extremely poisonous toxin in the food which may cause serious illness or death. This toxin will be destroyed if the HOME-CANNED vegetables (except tomatoes) are boiled for ten minutes in an uncovered saucepan before even tasting. Never taste any canned food you suspect. Destroy it, preferably by burning.

Sealers that have spoiled food in them should be sterilized, to prevent a second spoilage. Boil sealers and lids ten minutes in a solution of $\frac{1}{2}$ cup of washing soda to one gallon of water.

Rules For Canning Fruits And Vegetables

1. Check containers

Carefully examine each part of the sealer. See that the sealer is not cracked and that the rim and glass lid are not chipped. Use new metal screw bands to replace any that have become cracked, bent, stretched or corroded. Make sure rubber rings fit tightly.

2. Prepare containers

1. Wash sealers and glass lids thoroughly in hot, soapy water and rinse well with clear, hot water.
2. Half fill each sealer with boiling water and place in rack in canner containing sufficient water to come about half way up sealer. If using glass lids, place on sealers.
3. If using oven, place empty sealers on oven rack. If glass lids are used, place on sealers. Heat oven to 200 degrees using bottom heat only.
4. Remove sealers from water or oven as needed.

5. Dip rubber rings and metal lids into boiling water before placing on sealers.

3. Prepare syrup

Allow $\frac{3}{4}$ cup syrup per pint of peaches, apricots, plums or pears, and boil 5 minutes. Keep hot. Syrup may be of different consistencies. For **one cup** moderately thin syrup for such fruit as peaches use:

$\frac{1}{2}$ cup sugar (sugar equals $\frac{1}{2}$ amt. syrup desired)

$\frac{3}{4}$ cup water (water equals $1\frac{1}{2}$ x amt. of sugar)

4. Prepare fruit or vegetables

1. Sort—for size and ripeness. Under or over ripe fruit and vegetables should not be canned, nor should bruised or spotted fruit.

2. Wash—thoroughly, a small quantity at a time.

3. Blanch—Blanching consists of placing food in boiling water for 15-16 seconds, depending on ripeness and variety, and then dipping cold water as soon as cool enough to handle. Blanching loosens the immediately in cold water. The food should be removed from the skins so they will slip off easily, only sufficient fruit for 2 or 3 containers should be blanched at one time.

4. Peel and slice if desired.

5. Brine Bath—Will prevent fruits such as peaches, pears and apples from turning brown. Use 1 tsp. salt to 1 quart cold water. Change brine as it becomes discolored. Long standing in brine produces a salty flavour.

5. Pack into containers

Work as quickly as possible when packing prepared vegetables into container. To prevent sealers cracking, place the hot, empty sealers on a dry cloth or folder paper. Fill the containers, one at a time, packing the food to within 1 inch of top of sealer.

Then add liquid, leaving necessary headspace. After filling, work out air bubbles by running the blade of a knife down the sides of the container. With large fruit, tilt containers to allow any trapped air to escape. Do not fill more containers than your processor will hold.

Two methods of packing are commonly used in canning. **COLD PACK** and **HOT PACK**. The Cold Pack method should be used for fruit and tomatoes only. The Hot Pack method **MUST** be used for all vegetables, except tomatoes, but it may also be used for tomatoes and most fruit.

COLD PACK METHOD

FRUIT—Prepare syrup according to direction. Pack fruit raw and cold into containers, then cover with hot syrup to within $\frac{1}{2}$ inch of top.

TOMATOES—Pack raw tomatoes into containers, cover to within $\frac{1}{2}$ inch of top with hot tomato juice and add salt OR pack raw tomatoes into containers, pressing down until they are covered with their own juice and add salt.

HOT PACK METHOD

FRUIT—Prepare syrup according to directions. Simmer fruit in a small amount of the syrup in a large kettle, then pack into containers and cover with the hot syrup. Add extra syrup if necessary. Only sufficient fruit to fill three or four containers should be simmered at a time, otherwise the fruit may be unevenly cooked.

When processing peaches, pears, apricots, or apples in the oven, the **HOT PACK** method should be used. If these fruits are packed cold and oven-processed, they are apt to discolour.

HEADSPACE

Headspace is the space between the surface of the liquid and the rim of the container. Leaving proper headspace helps to prevent loss of liquid from sealers.

Fill glass sealers with liquid to within $\frac{1}{2}$ inch of top.

6. Close containers

After filling container make sure there are no seeds or particles of food adhering to the rim. To close screw-top sealers fit wet rubber rings on glass lids and put in place. Partially seal by screwing metal band tightly. Loosen slightly, unscrewing not more than one inch.

7. Process fruit and vegetables

Have processor ready so the container may be placed in it immediately after closing. **NEVER ALLOW FILLED SEALERS TO STAND AND COOL BEFORE PROCESSING.**

PROCESSING is the heating of filled containers to a sufficiently high temperature for a sufficiently long time to destroy any bacteria, yeasts or moulds that might cause the food to spoil. Undesirable changes in the food, due to the action of enzymes, are prevented by proper processing.

Allow exact processing time. Count time from the moment the water in the boiling bath starts to boil vigorously or the temperature in the oven returns to 275 degrees Fahrenheit. Processing time for pints of peaches or pears is 20 min., for plums, 15 min.

Food may be processed in one of the following ways:

1. Boiling Water Bath
2. Pressure Canner
3. Steamer
4. Oven

WHEN USING A BOILING WATER BATH—

1. Place filled sealers on rack, one inch apart. The water in the bath should be near the temperature of the filled containers.
2. Add boiling water to cover tops of sealers or cans by at least two inches. Do not pour boiling water directly on sealers, as tops may crack.
3. Put cover on boiling water bath.
4. Bring water to boiling point. Start to count processing time from

moment water is actually boiling vigorously, not just beginning to show bubbles.

5. Keep water boiling until processing is finished. If necessary, add boiling water to keep two-inch depth over containers.
 6. Process the required time for fruit or vegetable. (See Time Table for Processing of Fruits and Vegetables.)
 7. Immediately remove sealers or cans from water bath to prevent over-cooking.
8. Seal containers
1. After removing glass sealers from processor, place on folded dry cloth or newspapers. To avoid cracking, do not place hot sealers in draughts or on metal or porcelain surfaces.
 2. As soon as all bubbling in sealers has ceased, tighten tops on screw-top sealers by giving the metal bands a final turn.
9. Cool containers
1. Cool sealers in an upright position, out of draughts and uncovered.
 2. Leave space between sealers while cooling.
 3. Never tighten or remove the band after a screw-top sealer is cold. This may break the original seal.

Test for Seal

When cold, carefully invert each one for a minute or two to see if there is leakage.

10. Store containers
1. Before storing, wipe containers with a damp cloth, then dry thoroughly.
 2. Label containers.
 3. After one week examine each sealer for any signs of spoilage and tin cans for leakage or bulging.
 4. Store containers in a dry, dark place where the temperature is uniform, preferably cool, but where there is no danger of freezing. If the storage place cannot be kept dark, wrap each sealer in newspaper or store in cartons since light affects the colour of the food.

ORDER YOUR FREE BOOKLET ON CANNING AND HOME-FREEZING FROM THE CONSUMER SECTION, DEPARTMENT OF AGRICULTURE—OTTAWA.

Stain Removal

Before washing, it is most necessary that all stains be removed for sometimes the soap or even hot water will set a stain or make its removal impossible.

General Rules:

Know the fibre of the material. Determine the cause of the stain. Use the type of stain remover that will not injure the material.

Classes of Stain Removers:

1. Solvents, which dissolve the stain, are carbon tetrachloride, milk, commercial solvent, alcohol, ether, and water.
2. Absorbents, which absorb the stain, are—cornmeal, oatmeal, corn-starch, talcum, french chalk, blotting paper.

3. Bleaches, which remove the stain by bleaching it out, are—lemon juice, vinegar, oxalic acid, salts of lemon, ammonia, commercial bleaches. Bleaches may also remove the colour from the material and should only be used if solvents or absorbents are ineffective.

NOTE: Do not use inflammable solvents at home. Keep a window open when using carbon tetrachloride.

Gum

Scrape off excess with a dull knife. Hold a piece of ice against the gum. This will make it easy to remove the bulk of the gum by scraping. Sponge with a commercial solvent or carbon tetrachloride. Press between two sheets of blotting paper with a hot iron, changing the paper frequently, until all marks of the gum are removed.

Lipstick

1. Washable materials may be sponged with carbon tetrachloride and washed with soap and water. Any remaining stain may be bleached out with chlorine bleach or hydrogen peroxide.

2. For non-washable materials, sponge with carbon tetrachloride.

Berry, Tea or Coffee Stain

1. Spread the stained part over a bowl and pour boiling water over it, holding the tea-kettle spout at a height of about two feet above the stain, so as to strike the stain with force.

2. Plunge the stained part of the garment up and down in the hot water until the stain is removed.

Peach Stain

These are not easy to remove and one should be careful not to wipe hands covered with peach juice on a good napkin or towel.

Try the method used for berry stains first. If not effective, use the following.

1. Stretch stain over a bowl of hot water and apply bleach with a medicine dropper. Do not allow it to remain in contact with the stain for more than a minute, otherwise the bleach will rot even cotton and linen.

2. Apply oxalic-acid solution to neutralize the alkali and rinse thoroughly in hot water. Several applications with immediate neutralization may be necessary for persistent stains.

Blood and Meat Juice

1. Never put into hot water, as this sets the stain. Soak in cold water or lukewarm water at once. Rub with soap and wash.

2. A paste of raw starch mixed with cold water will remove these stains on flannel, blankets, and heavy goods. Repeat until the stain disappears.

Egg Stain

1. Wash in cold water, then warm water and soap.

Cream, Chocolate, Cocoa

1. Same as egg.
2. If material cannot be washed, use a solvent such as carbon tetra-

chloride. Place the stained goods over a pad of cloth. Apply the solvent with a clean cloth, preferably the same color as the material stained. Work from the edge of the stain to the centre to avoid a ring. Change the underpad frequently.

Grease

Rub with lard or sponge with carbon tetrachloride, then launder if garment and material are washable. If garment cannot be laundered, sponge with carbon tetrachloride.

Bluing

1. Boil the stained material 20 minutes.
2. Add vinegar if a bleach is necessary.

Ink

Inks differ, so it may be necessary to try more than one method of removing.

1. Soak fresh stains in sour milk or buttermilk.
2. Potassium permanganate, used alternately with oxalic acid, will remove obstinate stains. This is a bleach and cannot be used on colored materials or silk or wool.
3. Launder in warm soapsuds.
4. Commercial ink remover is effective on white cotton and linen materials.

Indelible Pencil

1. Soak in alcohol and wash with water and soap.

Grass Stain

1. Wash at once with water and soap. Use heavy suds.
2. For colored materials sponge with alcohol or ether.

Iron Rust

1. Use salt, lemon juice, and sunlight.
2. Salts of lemon is an alternative.

Iodine

Soak or sponge with dilute ammonia solution.

Mildew

1. If stain is fresh, wash with cold water and soap. Dry in sun.
2. If stain is old, bleach with a commercial bleach in solution. Wash in hot water and place in sun. Old stains are almost impossible to remove.

Paint or Varnish

1. Use warm water, ammonia and soap. Launder promptly.
2. Dry in the sun. If color is gone, nothing can be done.

Scorch

1. If fibre is not injured, wash in soap suds, rinse in clear water and hang in the sun.

However, if fabric is damaged, little can be done. A cloth, moistened in hydrogen peroxide, may take away some of the scorch.

Aluminum—Conducts heat quickly and evenly, holds heat well if of medium or heavy weight; it is easy to handle, does not rust or chip, is easy to keep clean and very durable, if of good grade. But if too light weight it bends or dents, conducts heat so well that pies may not brown well on the bottom. It can be stained by certain alkaline foods, household materials or hard water. Choose medium or heavy weight stamped, or cast aluminum. Choose dull bottoms and tightly fitting covers, in a size to fit unit, burner or oven, and your needs. Look for firmly attached handles that fit your hand comfortably.

Heavy stamped and Cast Aluminum—Lasts a lifetime if cared for properly.

Ironware—Heats evenly and holds heat well, very good for slow cooking, durable, improves with age; handle is permanent. But it heats slowly, the handle becomes hot, will rust if not kept dry and oiled, is heavy to lift and may break. It should be “cured” before using.

Tinware—Is light in weight, absorbs heat rapidly and heats fairly evenly after the bright finish disappears, is easy to keep clean and inexpensive. But strong food acids like tomatoes and rhubarb dissolve tin and affect the taste. It will rust if not properly cared for, and it conducts heat poorly when new. Scouring of tin removes the tin coating and causes the pan to rust. Remove burned-on food by boiling soda and water in the pan. Use 3 tablespoons soda to 1 quart of water, boil 3 to 5 minutes.

Stainless Steel Without Copper Bottom—Holds heat well, does not dent easily, is not affected by acids or alkalis, and seldom needs polishing. But it absorbs heat slowly, conducts heat unevenly and gets hot in spots. When overheated it develops brownish spots which cannot be removed, and it may warp. Always buy utensils made of good weight steel, heat slowly and use over low heat.

Stainless Steel With Copper Bottom—Heats quickly and evenly, does not develop hot spots, and the copper bottom prevents warping. But the copper tarnishes readily, and is actually more efficient when dull because the heat is absorbed.

Stainless Steel With Chromium-Covered Copper Bottom. Does not tarnish, conducts heat evenly and quickly. But it is not as efficient as the uncovered copper because the chromium reflects (throws off) some heat. Too much scouring may remove the chromium finish.

Enamelware—Absorbs and holds heat well; will not stain easily unless it has become roughened by acids or scouring. It is lightweight and easy to handle. The double boiler is liked for cooking sauces, custards and fillings. But porcelain enamel conducts heat unevenly and may develop hot spots; good quality enamel is comparatively expensive, it marks if a metal spoon is used, chips and cracks if not properly cared for, and covers seldom fit absolutely tight. Avoid buying enamel with flaws; start cooking over low heat; do not change heat suddenly and keep from boiling dry.

Glassware—Food can be seen, conducts heat slowly and evenly, holds heat well, may be used for cooking and serving. But it will crack with sudden changes of temperatures, causing possible accidents. When hot, it may break when spotted with cold water or if set on a cold table, in a draft, or handled with a wet cloth. Glass ovenware cannot be used on top of the range.

Earthenware—Is colorful and attractive, may be used for serving; heat is conducted slowly, evenly, and is held for a long time. But sudden changes in temperature may produce fine cracks in the glaze. If glaze is cracked or worn off, earthenware cannot be cleaned thoroughly.

NOTE: ALWAYS CURE UTENSILS MADE OF IRON, TIN OR CAST ALUMINUM BEFORE USING UNLESS THIS HAS BEEN DONE BY THE MANUFACTURER. WASH WELL IN SOAPY WATER, RINSE AND DRY, COVER THE ENTIRE SURFACE OUTSIDE AND IN WITH UNSALTED GREASE AND PUT IN WARM OVEN FOR SEVERAL HOURS. WASH AGAIN IN SOAPY WATER AND DRY THOROUGHLY.



Students in the experimental foods laboratory, School of Home Economics, University of Manitoba.

An interesting experiment was carried out in the School of Home Economics, University of Manitoba, in the preserving season, 1957.

Mrs. E. Feniak, Professor of Foods and Nutrition, reports the experiment:

"Beet sugar has been used for many years, at the School of Home Economics for all types of food preparation and preservation without evidence of any difference from cane sugar in the quality of the products made. In the completely refined state of course, they have precisely the same chemical composition, $C_{12}H_{22}O_{11}$.

At the request of the Manitoba Sugar Company, a controlled experiment was carried out this past year to see whether any detectable difference between products made with the two sugars could be shown. Similar proportions of ingredients and standardized methods were used for each product. Dry sugar and sugar syrup were compared as well as canned pears, canned peaches, and crabapple jelly. The home economics staff acted as judges in rating the products. The number of judges varied from seven to ten in the different tests. Scoring was done by means of a triangular taste test, in which three coded samples were compared, one being different from the other two as far as the variable factor, i.e. sugar was concerned, and the judges were asked to identify if possible, the different sample. In all but one instance, the majority of the judges were unable to select the product made with the different sugar. (In this one case, five judges picked the correct sample as the different one, and three selected incorrect samples. A duplicate study on the same product showed seven judges selecting the incorrect sample, three the correct one.) We must therefore conclude that the one test out of a total of nine done was a chance occurrence. Each judge was incorrect in selecting the different sugar many more times than she was correct. We have no hesitation in saying that it was not possible to detect any difference between the products made with Manitoba Beet Sugar and those made with Cane Sugar.

As a class project in the 4th year Experimental Foods Course, part of the class used cane sugar, and part, beet sugar in making fudge and fondant. No difference between the products made with either sugar could be detected by the class."

NOTES

Cinnamon toast
(1 serving)

1 tsp. margerin
1 packed tsp. brown sugar
1 tsp. Cinnamon
8

